

EXERCISE

Hollywood Senior Center: offered through YouTube, Facebook Live, and Zoom Classes

- Calendar: <http://hollywoodseniorcenter.org/events-calendar/>
- YouTube: https://www.youtube.com/channel/UC56rT-2dStAW_ezTHkLFQhA

Rebel Fit Club: a gym that focuses on exercise for patients with Parkinson's Disease
Rock Steady Boxing, drumming, dance and Tai Chi now with Virtual Options!

- Email: Kimberly@rebelfitclub.com
- Phone: 503 407 1335
- Website: <https://rebelfitclub.com/>

Too Fit to Fracture: an evidence-based exercise program for individuals with osteoporosis or osteoporotic vertebral fracture

- Download-able PDF with included exercises: <https://www.osteoporosis.ca/wp-content/uploads/OC-Too-Fit-To-Fracture-Osteo-Exercise-Book.pdf>

You Tube Tai Chi:

Suman Barkhas- Tai Chi for better Balance

- 8 movement forms overview with instruction: <https://www.youtube.com/watch?v=jxpKT6Rrgi8>
- 8 movements in flow: <https://www.youtube.com/watch?v=v69P-ZX17Z8>
- Chair Tai Chi: <https://www.youtube.com/watch?v=qjjqllmk15Q>

Providence Basecamp Tai Chi: Moving for Better Balance

Developed by the Oregon Research Institute, this virtual 8-week series is free for older adults looking for balance and strength training.

- Website: <https://welcometobasecamp.org/everwherecalendar/2021/1/4/tai-chi-moving-for-better-balance>
- Starts approximately every 8 weeks (next session starts April 26th)

Tai Flow with Leia Cohen

- Sample Video: <https://www.youtube.com/watch?v=cEOS2zoyQw4>
- Leia's Home Page: <https://www.taiflow.com/>

Mittleman Jewish Community Center

One of Portland's local community centers has adapted during the pandemic to offer many virtual options for group exercise. Classes include: Zumba, Yoga, Pilates, Strength and Balance, Forever Fit...

- Website: <https://www.oregonjcc.org/at-home-programs/at-home-live-events>
- Email: mjcc@oregonjcc.org
- Call: 503 244 0111

VOLUNTEERISM

Age Friendly Portland:

This is an incredible repository of volunteer opportunities within the Multnomah County Area. They include opportunities to work with children, teens, other seniors, folks with disabilities, animals and in the areas of education, environment, hospitality/food service, retail, flower arrangement, recreation, mentoring, crafting, library work, advocacy and activism, finance, construction, health care, travel and support groups.

- Website: <http://agefriendlyportland.org/get-involved/volunteering>
- Contact Form: <http://agefriendlyportland.org/webforms/contact-us>

AARP Connect2Affect

This national organization has a very comprehensive way to search for ways to get involved in your area!

- General Website: <https://connect2affect.org/>
- Portland Search: https://connect2affect.auntbertha.com/search_results/97215

Encore

"Encore.org is a nonprofit dedicated to bridging divides, connecting across generations and creating a better future together. We work to change the culture by elevating new ideas and diverse voices on the power of connection and collaboration across generational divides. We accelerate innovation by offering a variety of fellowships that empower people bringing generations together to solve society's greatest problems, increase capacity in the social sector and create new models for the multigenerational workforce. And we leverage leaders, organizations and networks to build a movement making intergenerational connection and collaboration the norm."

- Website: <https://encore.org/>

The Villages

"Villages provide a variety of services to members that support their desire to spend time with friends, make a meaningful contribution to their community and live in the home of their choice as they age"

Join this community to give and receive services for yourselves and your neighbors to age well and age-in-place. Services include transportation, in-home assistance/handy work, technology help, social engagement, recreations/exercise activities, social activities and ongoing education and learning.

NE Village: <https://nevillagepdx.org/>

NW Village: <https://villagesnw.org/>

East Side Village: <https://eastsidevillage.clubexpress.com/>

Beaverton-Area Viva Village: <https://vivavillage.clubexpress.com/>

ADVOCACY

SAGE (Senior Advocates for Generational Equity)

“We inspire people over fifty to give forward with their time, money, and voice to enable younger and future generations to thrive. SAGE motivates action and volunteerism through grassroots conversations and leadership development, so that older adults engage in and support causes and nonprofit programs that are vital to the needs of children, youth, and future generations. Our supporters are guided by generational equity – the principle that each generation should improve the quality of life for the next.”

- Website: www.wearesage.org
- Email: info@wearesage.org
- Phone: 971 717 6570

SOAR (Sponsors Organized to Assist Refugees)

Since 1992, Ecumenical Ministries of Oregon's SOAR Immigration Legal Services has provided culturally competent, immigration-related legal representation and education to low income refugees and immigrants in and around the Portland metro area.

- Website: <https://emoregon.org/soar-legal/>
- Email: soarlegal@emoregon.org
- Phone: 503 384 2482

IRCO (Immigrant and Refugee Community Organization)

The Immigrant and Refugee Community Organization (IRCO) serves the holistic needs of Oregon's immigrants, refugees and mainstream community members. As a community-based organization, we empower children, youth, families and elders from around the world to build new lives and become self-sufficient by providing more than 200 culturally and linguistically specific social services.

- Website: <https://irco.org/contact-us/>
- Email: volunteer@irco.org
- Phone: 503 234 1541

Cascade AIDS Project (CAP)

For more than three decades, CAP has earned its place as an established part of the community and a leader in the fight against HIV, garnering local trust and national respect.

- Website: <https://www.capnw.org/>
- Email: info@capnw.org
- Phone: 503 223 5907

Guardian Partners

Guardian Partners was started with the goal of providing the Court with trained volunteers who could ensure that protected persons are being treated with the utmost dignity and respect. Our services have grown to include providing much needed resources and support to local guardians.

- Website: <https://guardian-partners.org/>

- Email: marc@guardian-partners.org
- Phone: 971 409 1358

Easter Seals

Our vision is to create and deliver disability services, workforce development and housing programs that result in 100% included and empowered participants in their communities.

- Website: <https://www.easterseals.com/oregon/>
- Phone: 503 228 5108

OHSU

SHARED-EXPERIENCE

The Foundation of Art and Healing: Aging UnLonely Project

As we age, we gain experiences and insights that move our community forward. But every day, millions of older adults struggle with challenges such as declining health, the loss of loved ones, and feelings of isolation. These experiences can lead to chronic loneliness, and with COVID-19 dramatically increasing social isolation and critical health vulnerabilities, there is an urgent need for communities to improve social connections. The Aging UnLonely initiative empowers partners with programs that use the arts as an accessible and effective public health tool for older adults to create meaningful connections and improve health and well-being.

- Website: <https://www.artandhealing.org/aging/>

Rose City Geropsychology Resilient Aging Round Table or Book Discussion

A local book club option from Portland's very own geropsychologist, Meghan Marty.

- Website: <https://www.rosecitygeropsychology.com/resilient-aging-roundtable/>
- Email: mmarty@rosecitygeropsychology.com
- Call: 503 902 5552

Virtual book club

There are hundreds of virtual book clubs out there! A simple google search will allow you to find one specific for you but to get you started, here is the link to 9 Book Club's recommended by the AARP:

- Website: <https://www.aarp.org/entertainment/books/info-2020/online-book-clubs-to-join.html>

Group movie watch

Similar to book groups, there are many options out there, but here are the names of a few services that you can try to get you started. Next step- pop that corn!

- Streaming Site Examples: Netflix Party, Gaze, MyCircleTV, TwoSeven, Scener, Rabbit
- Coordinating Viewing Through: Zoom, Skype, Houseparty

Virtual dinner parties

Eating is one of the most social activities that we do as humans—although harder, it is still possible during the pandemic. Here are some tips for how to plan your own virtual dinner party.

Step 1: Plan Ahead

Step 2: Pick a Virtual Platform

Step 3: Set the Mood and Theme

Step 4: Plan the Menu

Step 5: Keep the Conversation flowing

Step 6: Make it Fun

- Example Instructions: <https://www.cozymeal.com/magazine/virtual-dinner-party>

Multiplayer online games

25% of “gamers” are age 50 or older. Join in! Take your pick from what you like! Here are examples of some apps/websites that you can download or access to help you engage in many different types of games:

- Thrillist: options for several games including Scrabble Go, Uno, Yahtzee
- Words with Friends: the highly popular, modern, phone-based version of Scrabble
- CarzMania: 25 different multi-player card games including: Canasta, Euchre, Hearts, Spades, Texas Hold 'em, Gin Rummy, Crazy Eights, Solitaire
- Minecraft: a game that allows you to explore and create your own unique world; you can play online with your grandkids!
- Jigsawpuzzles.com: a huge collection of free online jigsaw puzzles
- Chess.com: no explanation needed for this classic game

Online concert

Young @ Heart:

Who is Young@Heart? What started out in 1982 at a Western Massachusetts elderly housing project to joyfully pass the time instead of passing *before* your time has developed into the stereotype-defying, generation-crossing musical extravaganza better known as the Young@Heart Chorus.

Typically known for their live shows and also award-winning documentary, you can live stream concerts from their website and enjoy the music from your own home!

- Website: <https://youngatheartchorus.com/>

Music for Seniors

- Website: <https://musicforseniors.org/>
- Link to sign up for weekly, free, virtual music programs: <https://musicforseniors.org/>
- Email: info@musicforseniors.org
- Call: 615 330 1937

CONTINUING-EDUCATION

Virtual Senior Academy

The Virtual Senior Academy is a free program that connects adults age 50 or older through interactive courses online that are offered throughout the day. If you're looking to expand your horizons and make new friends, the Virtual Senior Academy is for you!

We offer live learning experiences using video chat software that cover topics like health and wellness, arts and music, book clubs, history, current events, and much more. Class facilitators are community members like you who want to share their passion and knowledge with other Pittsburghers. On the Virtual Senior Academy, you can sign up for classes or take the lead and become a facilitator yourself!

- Website: <https://www.virtualsenioracademy.org/>
- Email: helpvsa@jccpgh.org

SelfHelp's Virtual Senior Center

The Virtual Senior Center (VSC) makes it easy to connect with other older adults and join a vibrant online community. Selfhelp considers it a vital service that promotes connectedness and reduces social isolation among homebound older adults.

VSC members join live, interactive online classes where they can see, hear, and talk with other older adults. Each week dozens of educational, recreational and cultural classes are offered. Topics range from arthritis to computer skills to gentle exercise to history to enhanced well-being.

- Website: <http://vsqm.selfhelp.net/>
- Email: vsc@selfhelp.net
- Call: 718 559 4460

Covia's Well Connected

Whether you like art or zoology, music or meditation, there is a program for you. Each Well Connected session offers groups and classes on a wide range of topics. You're sure to find one that interests you.

And Well Connected meets 365 days a year, so there's always a chance to connect.

Well Connected members call in via a toll-free number at a set time each week, with some groups also offering the option to connect via computer, tablet, or mobile device. Most groups last 30 minutes to an hour with around 12 participants. Newcomers are always welcome! If you don't feel like talking at first, you're welcome to just listen as long as you've let the group know you're there.

- Website: <https://covia.org/services/well-connected/>
- Call: 877 797 7299
- Email: coviaconnections@covia.org

TECHNOLOGY & COMPUTER CLASSES & RESOURCES

ZOOM Instructions

Works With: PC, Mac, iPad, iPhone or Android devices

How to Join:

1) you may be provided with a link that you can click directly on and will open Zoom through your internet or an application previously downloaded on your device

2) you can call in from your phone

- note: this allows you to be audio only

- note: you do NOT need a participant number; simply press the # key

3) you can access zoom on your device (via website or the application) and then enter the unique meeting ID and password for the class or meeting you are trying to join

Note about Downloading Zoom:

When you click on "join a meeting" on any of your devices, for the first time only, you will be asked to download the ZOOM application. It is a very quick and easy download. Simply click, or tap, "Yes" if asked for permission.

COMPUTER CLASSES

Hollywood Senior Center:

Want to learn more about using computers? Get set up for email? Get on Facebook? We provide one-on-one computer training at no charge. Classes are taught by a knowledgeable senior computer enthusiast. price: Free, variable suggested donations (\$1-\$5/class)

- When: 2nd and 4th Tuesday of each month, by appointment only

- website: <http://hollywoodseniorcenter.org/activities/life-long-learning/>

- phone: 503-288-8303

- Location: Hollywood Senior Center
1820 NE 40 Avenue (between NE Sandy & NE Hancock)
Portland, OR 97213

- How to get there: Walkable from "Hollywood Transit Station", accessible by buses 12, 75, 77

- Cost: Free, but donation suggested

Retirement Connection: Portland/Vancouver Chapter

This website is made for "boomers, seniors, caregivers and providers" to search for more than 150+ topics and help connect older adults with a quick and complete reference of providers and services in their area. They cover: entertainment, outings, volunteer opportunities, care giver support, legal and financial help, medical care, levels of care, housing and assisted living, medical equipment, employment, and may other topics... take a look!

- Website: <https://retirementconnection.com/listings/portland>

MALADAPTIVE SOCIAL COGNITIVE SKILLS

IRL Social Skills

IRL Social Skills offers social skills classes based on the curriculum used in the Program for the Education and Enrichment of Relational Skills (PEERS®), an internationally acclaimed evidence-based program developed at UCLA by PEERS® Clinic Founding Director, Dr. Elizabeth Laugeson. During each group session, teens/adults are taught important social skills and are given the opportunity to practice these skills. Our Zoom classes are appropriate for anyone age 12 - 38 who is struggling socially. Clients must have the desire to attend. Their parent, or social coach, must also be available to participate.

The goal of the workshop is twofold: to learn and practice social skills that help teens and adults interact and gain confidence in social situations, as well as to work with social coaches (usually parents) to provide carryover of the skills to real-life environments.

- Website: <https://irlsocialskills.com/>
- Call: 9791 373 4836
- Email: mara@irlsocialskills.com

HOPE Lab (Helping Older People Engage)

To address the loneliness and stress of social isolation, the HOPE lab created a cognitive-behavioral model and tools to promote social connections in later life. On this website you will find an overview of the model as well as effective strategies and tools, such as a "Connections Plan," that service providers can immediately apply to their work with older adults.

- Website: <https://www.eenet.ca/resource/social-connection-isolated-older-adults>

Connect During Covid

Kim Van Orden of the HOPE Lab describes how to use principles of Cognitive Behavioral Therapy to reduce social isolation and loneliness during physical distancing measures for COVID-19.

- Link to YouTube Video: <https://www.youtube.com/watch?v=oWL7hLz45p8&feature=youtu.be>

SOCIAL SUPPORT RESOURCES

Widows/Widowers:

- The Dougy Center
 - Website: Dougy.org
 - Call: 503 775 5863
 - Email: help@dougy.org
- "In This Together" through Oregon Hospice Association
 - Website: <https://oregonhospice.org/in-this-together/>
 - Call: 503 228 2104
- Oregon Suicide Bereavement Support
 - Website: <https://www.sbsnw.org/>
 - Call: 503 200 0382
 - Email: sbsnworg@gmail.com

Disease Specific:

- Alzheimer's Association
 - Local Chapter: https://www.alz.org/orswwa/helping_you/support_groups
- Parkinson's Association
 - American PD Association Oregon Groups: <https://www.apdaparkinson.org/community/northwest/resources-support/support-groups/oregon-support-groups/>
 - Parkinsons Resources Oregon Groups: <https://www.parkinsonsresources.org/>
 - Parkinson's Foundation NW Support: <https://www.parkinson.org/PacificNW/Education-Support>
- Hospital Specific Stroke Support Groups and Resources
 - OHSU: <https://www.ohsu.edu/brain-institute/stroke-resources-patients-and-families>
 - Providence: <https://oregon.providence.org/our-services/s/stroke-support-groups/>
 - Legacy: <https://www.legacyhealth.org/-/media/Files/PDF/Services/Adults/Neurosciences/Stroke-Program--Community-Health-Education-Services-2016.pdf>
- Cancer
 - Compass Oncology Cancer Support: <https://compassoncology.com/patient-resources/local-resources-support-groups/>

Care Giver Stress:

- Oregon Care Partners

Oregon Care Partners is a free, high-quality education resource. We help family and professional caregivers build the knowledge and skills needed to improve the quality of life of older adults and people living with Alzheimer's in Oregon.

- Website: <https://oregoncarepartners.com/>
- Family Care Giver Alliance

National organization created to support and sustain the work of families and friends nationwide who care for adult loved ones with chronic, disabling health conditions

 - General Home Page: <https://www.caregiver.org/>

- Alzheimer's Specific Home Page: <https://www.caregiver.org/health-issues/alzheimers>
- Care Giver Action Network
Caregiver Action Network is the nation's leading family caregiver organization working to improve the quality of life for the more than 40 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age
 - Website: <https://caregiveraction.org/>
 - Phone: 855 227 3640

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SOCIAL INTERACTIONS

- **Oregon Senior Loneliness Support Line**

The Senior Loneliness Line is a statewide partnership between Lines for Life and Oregon Health Authority. Our free statewide call service is for Oregonians 55 and older. Our team of volunteers and staff are specially trained in working with older adults, and we can provide ongoing support, connect you with resources or just listen. Your information is completely confidential and no one will follow up with you unless you request a call.

- Call: 503-200-1633
- Website: <http://seniorlonelinessline.org/>

- **Friendship Line**

The Friendship Line at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older and disabled adults. It is free, for any person—patient or caregiver-- aged 60 and older. The Friendship Line is both a crisis intervention hotline and a warmline (non-urgent calls); our services provide older and disabled adults reassurance, crisis intervention, information and referrals. In addition to receiving incoming calls, our volunteers make routine outbound phone calls that provide emotional support, and well-being check-ins. For many depressed and lonely seniors, we offer a lifeline of hope. In every call, the goal is to help the individual feel safe and valued.

- Call: 1 800 971 0016
- Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

- **Volunteers Involved for the Emotional Well-being of Seniors (VIEWS)**

VIEWS is a nonprofit volunteer organization that provides free Senior Peer Counseling and offers Conversations on Aging "workshops" to older adults in the Portland Metro area. (Note: Program is temporarily on hiatus due to COVID)

- Call: 503-283-3763, ext 2582
- Website: <https://cascadiabhc.org/services/mental-health-treatment/views/>

- **Oregon Senior Peer Outreach**

The "Oregon Senior Peer Outreach" program is a no cost telephone support service for adults over age 55, or younger adults with physical disabilities. The program aim is to reduce isolation in the lives of Oregonians living in rural locations. A new human connection replaces loneliness once a caring authentic relationship develops. Once enrolled, an experienced Senior Peer Support Specialist will call weekly at mutually agreed upon time.

- Call : 1 833 736 4676
- Website: www.communitycounselingsolutions.org/senior-outreach

- **Oregon Warmline**

Community Counseling Solutions is also the official home of the David Romprey Oregon Warmline, a no-cost service to all Oregonians. Any resident of Oregon may call the toll-free number to receive confidential peer support.

- Call: 1 (800) 698-2392

- **Rose City Geropsychology Resilient Aging Round Table or Book Discussion**

- Website: <https://www.rosecitygeropsychology.com/resilient-aging-roundtable/>

- Email: mmarty@rosecitygeropsychology.com
- Call: 503 902 5552

- **CDM Virtual Day Center**

A “virtual” adult day center M-F, where they address isolation and loneliness

 - Website: <https://cdmcaregiving.org/>
 - Email: info@cdmcaregiving.org
 - Call: 360 896 9695

- **Friendly House**

Friendly House partners with Home Forward to provide Health and Wellness programming activities such as access to health and hygiene support, exercise classes, creative classes to boost cognition, and mindfulness workshops.

 - Website: <https://www.friendlyhouseinc.org/for-adults-seniors/community-outreach-programming/>
 - Email: info@friendlyhouseinc.org
 - Call: (503) 228-4391

- **Covia’s Well Connected**

In this time of separation, Well Connected and Well Connected Español are here for you—to provide laughs, intellectual stimulation, inspiration, conversation and more, all via groups you can join from home, by phone or online.

 - Website: <https://covia.org/services/well-connected/>
 - Email: coviaconnections@covia.org
 - Call: 877 797 7299

- **Covia’s Social Call**

Do you know someone 60 or older who would enjoy new, COVID safe social connection? Would you like to volunteer to visit with an older adult? Social Call thoughtfully connects older adults to new friends for one on one conversations, by phone or video, available throughout the United States.

 - Website: <https://covia.org/services/social-call/>
 - Email: coviaconnections@covia.org
 - Call: 877.797.7299

- **Papa Pals**

Papa pairs older adults and families with Papa Pals for companionship and assistance with everyday tasks. We offer programs to health plans, providers, employers, and consumers. If not affiliated with a health plan, out of pocket cost is about \$20-25/hour.

 - Website: joinpapa.com
 - Call: 1 800 348 7951