



Successful Aging Institute

**May 2016
E-Newsletter**

The Successful Aging Institute appreciates the long term training contracts we enjoy both with Senior and Disability Services and Trillium CHP. If your organization is ready for excellent, affordable, and accessible training to meet YOUR needs, just contact SAI.

New spring open enrollment classes include CE's first-ever hands-on Italian cooking class (by Rosa Mariotti at River Road Park & Recreation District), new Living Well with Chronic Conditions/Pain/Diabetes classes which are held all over the community, new free "Movie Wisdom: Screwball Comedies" at our sponsor Waterford Grand's location, and our first class at Sheldon Community Center (in addition to those offered at Campbell, Willamalane and River Road).

Class Highlights for May

BEGINNING YOGA

Date: May 11th-June 8th
Time: 7:15-8:30 PM
Cost: \$38.00
Location: Eugene Yoga

HAWAIIAN ITALIAN DELICACIES

Date: May 14th & May 21st
Time: 12:00-3:00 PM
Cost: \$59.00
Location: Pepperberries Ultimate Kitchen Store

MEMORY LOSS, DEMENTIA & ALZHEIMER'S

Date: May 6th – May 20th
Time: 10:00-12:00 PM
Cost: Free
Location: River Road Park and Recreation

OPTIMIZING SOCIAL SECURITY BENEFITS

Date: May 19th
Time: 6:30-8:00 PM
Cost: Free
Location: Hilton Garden Inn

Please Visit: <https://www.lanecc.edu/sai/course-descriptions> for times and locations for **all** our classes or call 541.463.6262

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May is Older Americans Month

A meeting with the National Council of Senior Citizens resulted in President John F. Kennedy designating May 1963 as Senior Citizens Month, encouraging the nation to pay tribute in some way to older people across the country. In 1980 President Jimmy Carter's pro-clamation changed the name to Older Americans Month, a time to celebrate those 65 and older through ceremonies, events and public recognition.

507,578

The number of people 65 and over in Oregon on July 1, 2009. That accounts for 13.3 percent of the total population and ranked 24th highest in the nation. (Office of Economic Analysis)

795,635

Projected number of people 65 and older in 2020. Elderly will comprise 18.3 percent of the total population in 2020. Between 2009 and 2020, the elderly population will increase by 57 percent or 4.1 percent annually, on average. The pace of growth of the elderly population will be 4 times that of the overall population. (OEA)

139,000

Estimated number of people 65 and older who were veterans of the armed forces in 2008. About 60.2 percent of the elderly men in Oregon served in the armed forces, compared to 53.5% in the U.S. (ACS)

56%

Percentage of people 65 and older in 2008 who were currently married. However, because of longer life expectancy for females, 71.4 percent of male elderly and only 43.6 percent of female elderly were currently married. (ACS)

27.5%

Percentage of 65 and older in 2008 that were widowed. The percentages of male and female widowed elderly were 13.4 percent and 38.7 percent respectively. (ACS)

67%

Percent of people 65 and older in households in 2008 who lived with relatives. Twenty-eight percent of all elderly lived alone, while 4 percent lived in group quarters. (ACS)

650

The number of centenarians on April 1, 2000. That accounted for 1.9 centenarians for every 10,000 population. In Oregon, the highest number of centenarians was found in Multnomah County, followed by Lane, Washington, Clackamas, and Marion counties. (Census 2000)

362

Number of people 65 and older in Oregon correctional facilities on July 1, 2009. Between 2000 and 2009, prison population of all ages increased by 40 percent, whereas elderly inmates increased by 185 percent. (Oregon Department of Corrections).

Nearly all of Oregon's 36 counties saw their 65-and-over population grow by more than 10 percent between July 2010 and July 2014. Deschutes County led the pack with a 31 percent increase.



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