

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](http://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](http://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

