



March 2014



SAI E-Newsletter

Congressman DeFazio Receives National Award for Supporting National Service Programs

U.S. Congressman Peter DeFazio was honored Feb 11 for his support for national service. In 1977, DeFazio helped establish the Senior Companions Program in Lane County, which continues to be administratively sponsored by Lane Community College. DeFazio said, "The national service movement is a testament to America's values and the strength of our communities. I'm proud to do my part to help all volunteer programs flourish, including the Senior Companions Program, which keeps senior citizens physically and mentally active while fulfilling vital community needs. I will keep fighting to make sure that all national service programs get the federal support they deserve."

Senior Companion Program Recruiting

The Senior Companion Program of Lane County is currently recruiting men and women who are 55 and better and meet low income guidelines to work at the following locations: **Eugene, Florence, Junction City, Oakridge, and Veneta.**



Senior Companions receive extensive training and support as well as an hourly tax-exempt stipend of \$2.65/hr and some reimbursement for meals and mileage.

For more information call (541) 463-6260 or apply online at www.lanec.edu/scp

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March Class Highlights

Become a Senior Companion!

Are you a people person? Have time on your hands? Want to earn a bit of extra cash while helping others? The national Senior Companion Program trains and supports low-income adult volunteers, age 55+ who make weekly visits to frail elders and those with disabilities. They help their clients maintain quality of life and independence, and earn a tax-free stipend of \$2.65/hour. In Lane County, the Program has been sponsored by Lane Community College for almost 40 years. To register, call the sites listed below. (Note: If you are interested in becoming a client of the Program, please call the Aging & Disability Resource Connection at 541.682.4038.)

Tuesday, March 18, 10:30 a.m. - 12 p.m.

Location: Willamalane Adult Activity Center

To register call (541) 736-4444

Design Concepts for Independent Living

Embrace the "Universal Design" features that can help you enjoy your home for years to come. This step-by-step presentation can help you eliminate potential hazards and accommodate your home to changing needs and abilities, with attention to both practicality and style.

Mon, Wed, Fri, March 17-21, 9 - 11 a.m.

Location: LCC Downtown Campus, Room TBA

To register call (541) 556-1845

Living Well with Chronic Conditions

Does a health condition affects your daily life? If so, this free 6-week program may be just for you. Gain skills to help you manage pain and depression, relax, sleep, exercise, eat well, and work well with your health care providers. The training is co-sponsored by Senior & Disabled Services and LCC Successful Aging Institute. Pre-registration required. Contact Gary at 541-682-4103.

Monday, March 3 - April 7, 4:30 - 7 p.m.

Location: Cottage Grove Hospital

To register call Gary at (541) 682-4103

Wednesday, March 5 - April 9, 2 - 4:30 p.m.

Location: Direction Services

To register call Gary at (541) 682-4103

To view all winter term classes visit the SAI website by clicking [here](#).

Thank you for taking the time to read our newsletter. Your feedback and suggestions are welcome.

LCC Successful Aging Institute

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541-463-6262

Tina Dresser, SAI/SCP Instructional Coord. Specialist
Beth Brooks, Senior Companion Project Specialist
Barbara Susman, SAI/SCP Director

Personal Care Aide Training

Plein Air Painting

Retired! Now What?

Threshold Intensive Home
Ownership

*To see descriptions of these
and other classes that are
being offered during winter
term visit our
website www.lanecc.edu/sai*

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