

Aging in Place

BY SUSAN NOACK, CHAIR, TUALATIN AREA AGING TASK FORCE

Social Isolation – what is it and how do you overcome it? The textbooks tell us that social isolation is a result of being physically removed from others, like living in a remote area, or from the perception of being removed from a community, such as being socially isolated from others. These same textbooks also tell us that spending time alone is a good thing unless it means that you have no interaction with others for days. You become socially isolated and meaningful, extended relationships are missing. While there is no medical cure for social isolation, there are solutions.

One immediate cause for social isolation is lack of transportation to get anywhere in your community.

The solution is to call **Ride Connection** at 503.226.0700 to get more information and schedules. This service is for senior residents and/or those with a disability in Tualatin and it's free.

Now that you have a ride, you can take advantage of the programs offered at the **Juanita Pohl Center** for Older Adults. Exercise classes, special programs and trips, bingo, cards, play pool, lots of social interaction and a variety of things to do at the center. While there, join friends in the dining room for the

Meals on Wheels People lunch program – large salad bar, fresh soup, choice of two entrees and dessert Monday thru Friday. Call JPC for more information at 503.691.3061.

Farmington Square is now offering Tualatin's first **Memory Café**, held at Famous Dave's in Nyberg Woods, the second Wednesday of every month from 2-3 pm. This is a respite for care givers and their clients to enjoy an afternoon with friends who understand. The **Farmington Square Senior Living Community** also holds events and classes of all kinds at their residence center and all are welcome to attend. For more information, call 503.692.1748 or www.farmingtonsquare-tualatin.com.

Want to feel like a college kid again? Check out the **Senior Studies Institute at Portland Community College** at their web site www.pcc.edu/seniorstudies. Or, check out the **Senior Adult Learning Center at Portland State** at www.ioa.pdx.edu or call 503.725.4739. Both institutes offer a truly large variety of classes, with a very small, one-time fee to join their programs. Lifelong learning is about the renewal of your mind and spirit.

Financial issues can be a very heavy weight to carry and feeling isolated can



compound that weight. Here are a few resources that might help ease the burden:

Aging and Disability Resource Connection (ADRC), www.ADRCoforegon.org or 1-855-673-2372. This is a free service that offers you a single source for information, available services and resources, and assistance on issues affecting seniors.

Washington County Disability, Aging & Veteran Services, www.benefitscheckup.org or 503-846-3060. Are you eligible for public benefits like prescription drug programs, supplemental nutrition programs, veteran benefits, tax relief just to name a few of the services offered.

Community Action offers an Energy Assistance Program, www.caowash.org or 503-615-0771, to help low income families if your heat or electrical bill is unmanageable.

The Tualatin Area Aging Task Force meets the second Monday of each month at 3 pm at the Juanita Pohl Center. Contact susancnoack@hotmail.com for more information.

Susan Noack has lived in Tualatin for 15 years. Before retirement, she was a development director/event planner for non-profits. Now as an "Aging in Place" senior, her passion is being an advocate for seniors and giving back to the community. She is a member of both the Meals on Wheels People and Juanita Pohl Center advisory committees and chair the Tualatin Area Aging Task Force committee.



The Tualatin Area Aging Task Force presents

CANDIDATE FORUM

City council candidates have been invited to join us for an informal Questions and Answer session focusing on topics affecting Tualatin's Senior population.

OPEN TO THE PUBLIC. SENIORS ENCOURAGED TO ATTEND.
QUESTIONS OR RSVP: SUSANNOACK@HOTMAIL.COM

TUESDAY
OCT. 11th

4:00-6:00 PM
at the Juanita
Pohl Center