Sandy Community/Senior Center Services

Caroleana Smallwood

Client Services Coordinator

SANDY
WHERE INNOVATION MEETS ELEVATION

Agenda:

WE'RE GOING ON AN ADVENTURE
memegenerator.net

- Senior Services
  - OAA funded Services
  - Fundraising March for Meals

SANDY
WHERE INNOVATION MEETS ELEVATION

Senior Services

OAA Assisted Programs-Managed by Client Services Coordinator

- **Nutrition**
- **Transportation**
- **Case Management**
- **Information & Assistance**
- **Reassurance**
- **Evidence Based Health**
- **Respite**
- **Energy Assistance**

OAA
OLDER AMERICANS ACT

SANDY
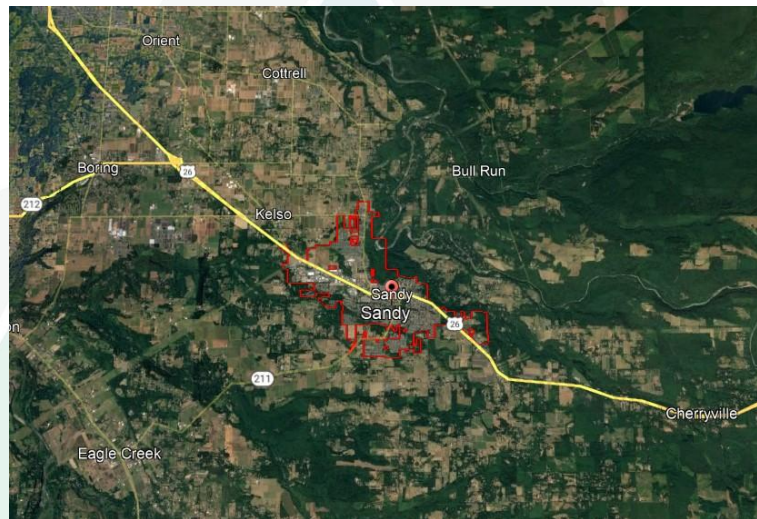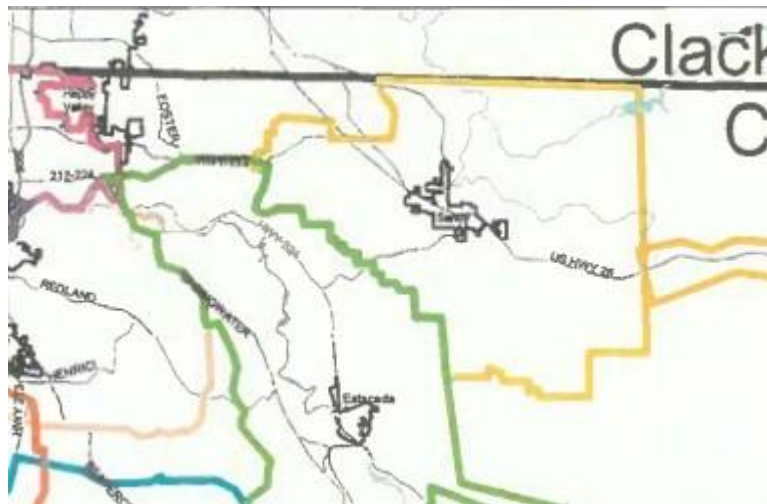WHERE INNOVATION MEETS ELEVATION

Transportation

- Trips
  - 2,700 individual rides
    - Recreational & Social Activities
    - Shopping Shuttle
    - Scheduled Rides

M.O.W. Boundary

North-Bull Run
East-Alder Creek
South-Wildcat Mountain
West-Foster and 212

SANDY
WHERE INNOVATION MEETS ELEVATION

Nutrition

- Meals On Wheels
  - Home delivered meals to homebound Seniors (60+ years) twice a week
  - Number of clients- currently 63 clients,
  - Meals in 2023 estimated total of 17,000
  - 12 volunteers weekly deliver throughout Sandy, Boring and even into Damascus
  - More than just a meal; social interaction & connection that impacts a seniors overall wellbeing.
- Congregate
- Education-
  - University of Oregon extension program, "Food Hero" newsletter which provides educational material on a variety of topics and other online articles
  - Monthly, and at the initial Home Visit

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WHERE INNOVATION MEETS ELEVATION

Case Management

- Clients on Case Management are those on Meals & Wheels and in Respite program. Relationship starts with an assessment and in depth interview with a client and his/her family to determine needs during a home visit.
- Assist in linking the client to resources and community programs
- Ongoing follow up with client and/or agency to see if needs were met.

Information & Assistance

- Providing assistance and locating resources to meet a specific need, or multiple needs. With an average of 16 <u>new</u> contacts a month, this varies greatly each month and does not include general information provide over the phone to the public. Individuals need to be a senior (60+ years) or calling on behalf of a senior.
    - Fire Wood
    - Adoption Forms
    - Social Security specialized forms
    - Drivers license application
    - Food pantry, Christmas food boxes
    - Home Care agencies
    - Senior Law Project
    - Volunteer opportunities
    - Tax Aid
    - Oregon Project Independence
    - Etc.

SANDY
WHERE INNOVATION MEETS ELEVATION

Reassurance

- Regular friendly telephone calls and visits to physically, geographically, or social isolated clients- seniors- that are receiving services, to determine if they are safe and well. This includes calls to client's family or emergency contact person.
- Our Meals on Wheels drivers provide us with feedback and concerns from their delivery routes
  - Phone Calls
  - Sending cards when a client has gone to hospital or to a care home
  - Home visits

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WHERE INNOVATION MEETS ELEVATION

Home Energy Assistance

- Through the Clackamas County Energy Assistance Program (LIEAP), we assisted with applications for seniors (62+ years) and those with disabilities. Heating assistance eligibility is based on total household income.
- For the 2022-2023 fiscal year we served 109 households

SANDY
WHERE INNOVATION MEETS ELEVATION

Evidence Based Health and Wellness

- Better Balance Tai Chi with Bonnie Newman
- Bonnie is a certified instructor of Tai Chi and received training and certification in 2013 from Dr. Fuzhong Li, Oregon Research Institute.
- She provides classes in Sandy and the Hoodland Senior Center
- 1 hr class twice a week, throughout the year
- In 2023 an average of 18 seniors in attendance each week.

Tai Chi is not the only evidence-based health and wellness program. OAA request that the program focus on strength, balance and flexibility to promote physical activity and/or prevent falls or focus on disease self management/stress management. Another approved program is **Walk with Ease**.

SANDY
WHERE INNOVATION MEETS ELEVATION

Senior Services

Recreation/Programs-Subsidized Programming

(not financially supported with OAA funding)

- **Recreation Classes**
  - **Fitness**
  - **Art**
  - **Culinary**
- **Trips**
- **Events**
- **Education**
  - **AARP**
  - **Grief**
  - **Financial Ed**
  - **Medicare**

MARCH FOR MEALS CAMPAIGN
RAFFLE BASKETS

Cream Baskets
$1 FOR EACH RAFFLE TICKET OR $5 FOR 7 TICKETS

Thank you to Mt Hood Adult Day Center and Mt Hood Senior Solutions for sponsoring these baskets

WELCOME HOME BASKET
Assorted snacks and home décor

PICNIC LUNCH DELIGHT
Lunch tote and items for picnic, Spring décor, and bottle of Prosecco

Green Baskets
$5 FOR EACH RAFFLE TICKET OR $20 FOR 5 TICKETS

THANK YOU TO THE FOLLOWING BUSINESSES

INN AT CANNON BEACH
NEXT ADVENTURE — Est. 1997 — Inform · Outfit · Excite
Bruce's Candy Kitchen
CANNON BEACH SMOKEHOUSE
SANDY CINEMA — Prestige Theatres
EMBOLD CREDIT UNION

CANNON BEACH ESCAPE
Getaway to Cannon Beach and enjoy a wonderful dinner and candy sweets.

SUMMER BBQ EXTRAVAGANZA
Smores treats with great BBQ gadgets to make the best grilled meal.

FAMILY FUN DAY IN SANDY
Enjoy Sandy fun with several gift cards sure to help you make lasting memories.

All funds raised will go towards the Sandy Meals on Wheels Program.

SANDY PARKS AND RECREATION
503-668-5569

For more information please scan QR code to view the March for Meals Campaign webpage

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MARCH FOR MEALS CAMPAIGN

NUMERO UNO — Taco Truck in Sandlandia
March 5th
8:30am – 6:30pm

March 13th
11am – 9pm
Smoky Hearth RESTAURANT BAR & GRILL

Scoop 'n Swirl
March 15th
11am – 10pm

March 21st
10am – 9pm
PANDA EXPRESS GOURMET CHINESE FOOD
SANDY LOCATION ONLY

MOUNTAIN MOKA
March 22nd
6am – 6pm

March 29th
4pm – 9pm
DQ
SANDY LOCATION ONLY

Participating businesses will be donating a percentage of sales, from their specific date, to go towards the Sandy Meals on Wheels Program.

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Questions?