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Nursing home residents benefit from College Educational program provides exercise, art therapy classes

By Shelley Ball
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Clackamas Community College is well-known for providing various services for different groups of people. What may not be well-known is that local nursing home residents can also benefit from the College through an aging services (nursing home) program.

This educational service involves part-time instructors visiting Clackamas County nursing homes to teach art therapy and exercise classes to the residents at no cost to them. Continuing Education Specialist Betsy Crist explained that the program is design-

ed to teach (and maintain) certain skills through the courses, as well as provide a socialization period for nursing home residents. The program is offered fall, winter, spring and summer terms.

The 10-year-old program recently received a \$3,000 grant from the county's Area Agency on Aging to provide educational activities for the winter and spring terms, Kit Youngren, continuing education director said.

This is the second year the program has received a grant from Area Agency on Aging, which is a part of the Community Action Agency.

Youngren explained the community agency is responsible for funneling various federal dollars to programs primarily for low-income and elderly people.

The aging services program is funded through the Community Action Agency and the College. Last year's grant was in the amount of \$1,500. This year's grant will be used to continue the current program, as Youngren said College funding for the program was cut back a year ago. Youngren added that the program will seek a \$4,500 grant for next year. Money from this grant would be used to expand the current service.



BALLOON THERAPY- Sierra Vista Retirement Center resident Carla Schutze gets ready to tap balloon back in exercise class. The class is part of aging services program.

Photo by Joel Miller

At this time there are five county nursing homes involved in the program and four instructors are teaching classes. Crist said the instructors have to apply through the College in order to join the program. She explained that the instructors meet with the activities directors of nursing homes to set up teaching schedules.

The extra-curricular activities provided by the instructors "augments what they (nursing homes) can offer," Crist said. She added that the aging services program "serves many good purposes" for those who live "a less full life."

One veteran of this program is Dianna Shaffer, who originally got involved 10 years ago. A freelance artist with a bachelor's degree in arts from

Marylhurst College, Shaffer was teaching some decorating workshops at the College when she was approached about teaching classes in nursing homes.

Shaffer currently teaches two art therapy classes a day three days a week for eight weeks. She explained her classes involve making various projects, such as holiday items. Silk screening, which Shaffer said is good exercise for the arms, and stained glass projects have also been taught in her classes.

While she said the objective of her classes to get people interested enough to work on a project, which in turn helps to maintain their physical and mental skills, Shaffer said, "I've found that I

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Term info on hand March 5

Spring term schedules and appointment cards for Clackamas Community College will be available on campus March 5 at the registrar's office.

Returning students will register by appointment beginning March 18, and new students will begin registration by appointment March 19. Open registration begins March 20.

Telephone and mail-in registration is available for students taking seven credits or less. Registration by

telephone will be on March 25-28 from 2-4 p.m. Mail-in registration will be taken March 27. Visa or Mastercard are accepted for payment for telephone registration.

Spring break will be from March 25-29, with the first day of classes for spring term beginning April 1. Other important dates concerning spring term registration are as follows:

Pre-registered voc/tech pay- March 14-15.

Driver's education registration- April 3

Saturday registration- April 6.

First day to add/drop class(es)- March 20.

Last day to add class(es) without instructor signature- April 6.

Last day to drop class(es) and receive a refund- April 13.

Last day to drop and not be responsible for grade(s)- May 11.

Registration hours will be from 8:30 a.m. to noon and 1-4:30 p.m. daily. On March 14, 18-21 and April 1-4 they will be from 5:30-8 p.m.

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