

# Community News

## LCC offers free safety, self defense courses today

Lane Community College Florence Center invites the community for a conversation about personal safety and awareness during a free seminar being held today at the Florence Campus.

The free seminar includes workshops that cover the topics of sexual assault, dating and domestic violence and basic self defense from noon to 5 p.m.

The classes are held separately throughout the day and will be taught by LCC public safety officers. Participants are welcome to take one or more classes being offered that day

depending upon their personal schedule.

These classes are free and open to all community members — not just LCC students, said Lt. Lisa Rupp of the LCC Public Safety Department.

“We provide this training for free because we feel it is necessary for the community to join in the conversation about sexual assault and dating and domestic violence,” Rupp said.

She added that those who attend will receive information on prevention techniques, statistics and information on public safety response to various situations.

The seminar is designed to be useful to anyone concerned about the growing threat of personal violence in our society, said Russ Pierson, interim director of LCC Florence.

“The three sessions are intended to offer real-world tools to help in three areas of personal safety: sexual assault and harassment; dating and domestic violence; and basic self defense. Anyone is welcome to attend any combination of these sessions,” Pierson said.

From noon to 1 p.m., officers will discuss how to prevent sexual assaults and harassment,

including what to do to and not do if you’re sexually assaulted and how and where to report incidents.

From 1 p.m. to 2 p.m., the workshop will focus on dating and domestic violence awareness. In this class, participants will learn the warning signs of abuse, what abuse is, making a plan to get away safely and available college and resources.

The final three-hour class is from 2 to 5 p.m. and covers basic self-defense training.

After simple warm-up exercises, participants will learn proper methods of performing a variety of strikes and escape

techniques, as well as personal safety techniques to use in parking lots.

The public safety officers will also be available to give examples of scenarios and answer personal safety questions for participants.

“LCC’s Public Safety Office includes a team of highly trained professionals committed to serving the greater Lane Community College community — and that definitely includes Florence,” Pierson said.

“This is a series of three trainings they offer occasionally in the metro area, and we at

the LCC Florence Center are really happy they have offered to bring these trainings to our community, too.

Sexual assault, domestic violence and harassment of all types are an unfortunate shadow that hangs over many of us these days, and these classes offer hope, help and tools that can make a real difference in our personal and communal safety.”

The classes are free. For more information, call the LCC Florence campus at 541-997-8444 for assistance.

## PeaceHealth to offer Palliative Care classes

Beginning in April, the PeaceHealth Peace Harbor Medical Center Palliative Care program will host a series of classes designed to train prospective volunteers to work directly with palliative care patients in the community.

The trainings will be held at Lane Community College and include an overview of palliative care, the role of the palliative care team and the volunteer, communication and spirituality.

Palliative care programs serve patients who have been diagnosed with a life-limiting illness and desire alleviation of symptoms — whether social, physical, emotional or spiritual. Patients can receive palliative care at any time and at any stage of illness, whether terminal or chronic.

Though both palliative care

and hospice care programs focus on pain and symptom management, palliative care programs also include treatment options.

“Florence is a town that thrives on volunteerism,” says Palliative Care Medical Social Worker Donna Becker. “The start of our new palliative care program presents another great opportunity for Florence residents to give back to their community.”

Palliative care strives to improve a patient’s quality of life by offering comfort and care in times of pain and volunteering for a program such as this can be incredibly rewarding, according to Becker.

Palliative care volunteers will be trained in a number of roles: providing companionship and support to patients, providing respite care to care-

givers, and additional acts of service such as running errands for families, providing transportation, preparing meals or doing light household work.

Patient support volunteer classes will be limited to 12

members. The dates and times of the classes will be determined by participant feedback.

Anyone interested in becoming a palliative care volunteer can contact Donna Becker at dbecker@peacehealth.org.

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