

## Long-term care website available

A new website, the "Network of Care," a multilingual, community-based website, can now provide comprehensive long-term care information and education to Oregon seniors and persons with disabilities.

"Network of Care" is the first outcome of Senate Bill 870, passed by the 2005 Oregon Legislature, to "modernize" Oregon Project Independence, which provides services needed to keep seniors in their own homes. This modernization will provide tools such as the Network of Care to expand access to services to people with disabilities.

The new website ([www.oregon.networkofcare.org](http://www.oregon.networkofcare.org)) gives seniors and their caregivers the ability to find the right service at the right time, to educate themselves about the issues they

care about, find assistive devices, understand current policy initiatives and communicate directly to elected officials. It will help them manage their affairs and keep important records.

It also provides a comprehensive directory of service providers, easy-to-search libraries and vital information about specific disorders, pending legislation and advocacy, as well as daily news articles from around the world concerning aging and disabilities.

The Website is a cooperative project of the Oregon Association of Area Agencies on Aging and Disabilities (O4AD) and the Department of Human Services. Funding is from the Older Americans Act and Oregon Project Independence (OPI).

## Alzheimer's to be topic of presentation

Alzheimer's disease and memory loss will be the topic of a free, no registration required, presentation on Saturday, December 3, from 9:00 a.m. to noon at Tuality Healthcare Education Center, 334 SE Eighth, Hillsboro.

Although memory loss is often related to aging, it is a seri-

ous problem for people diagnosed with dementia and Alzheimer's disease – as well as their loved ones. This program is designed to shed light on the many causes of memory loss related to aging, with a special emphasis on conditions that affect this aspect of brain function.

Discussions by a neurologist, a psychiatrist and a geriatric nurse practitioner will address diagnostic techniques and future prospects for treatment.

Attendees can also browse the information booths in the lobby for more information. Snacks will be provided by Claeys Catering.

## Jazzercise sets winter class schedule

Local Jazzercise instructors Penny Costley and Orissa Burghard have announced the winter schedule for Jazzercise. Classes will be on Monday, Wednesday and Friday at 6:00 a.m., Monday through Friday 9:30 a.m. (Lite classes on Mondays and Wednesdays), and Monday through Thursday 7:15 p.m. at the First Baptist Church 359 "A" Street.

The 60-minute classes are designed to enhance cardio-

vascular endurance, strength, and flexibility for people of all ages and fitness levels. They include a warm-up, high-energy aerobic routines, muscle toning and cool-down stretch segments. Jazzercise combines elements of dance, resistance training, Pilates, yoga, kickboxing and more to create programs for people of every age and fitness level. Alternative formats include Jazzercise Lite, Jazzercise Step, Jazzer-

cise Plus, Jazzercise Circuit Training and more.

For more information, call Costley at 503-429-0196. For worldwide class information, go to [jazzercise.com](http://jazzercise.com) or call 1-800-FIT-IS-IT.

### Flu Shots Scheduled

Flu shots will be available at Vernonia Sentry on December 4, from noon to 5:00 p.m.

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## OSU wins Civil War Blood Drive trophy

Many Oregonians know the Ducks and Beavers squared off November 19 on the gridiron. The two universities, though, finished a different kind of competition on November 16 – the annual two-week-long Civil War Blood Drive, where alumni, stu-

dents and fans of both schools donated blood on behalf of Oregon State University or the University of Oregon.

Combined, 4,893 alumni, fans and students of both universities attended blood drives throughout Oregon between November 1-16. The event proved a success by helping increase blood inventory levels prior to the critical holiday period. For the third consecutive year, OSU took home the Civil War Blood Drive trophy with 2,673 tallies. UO wasn't far behind with 2,220.

"The true winners of the Civil War Blood Drive are the patients in hospitals who count on volunteer blood donations," said Eric Brown, Red Cross CEO of the Pacific Northwest blood region. "I would like to thank both Duck and Beaver fans who rolled up their sleeves to give the gift of life and kept the Civil War tradition alive."

Throughout December, blood donations typically dwindle as holiday events distract donors from their regular appointments. Every day, includ-

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Phone: 503-429-2103 Cell: 503-880-4157

Email: [steffen1@direcway.com](mailto:steffen1@direcway.com)

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