



Community Engagement Program

Elders in Action's Community Engagement program provides multiple ways for individuals and groups to empower, engage, and assist older adults in our communities. Our vibrant volunteers reach out to older adults, civic groups, businesses, and non-profits educating them about important issues impacting our aging society. We provide a variety of outreach and educational opportunities such as:

INFORMATION GIVING

Elders in Action's Programs & Services:

For over 45 years, Elders in Action has been serving and assisting older adults in the Portland metro. Volunteers are available to discuss our unique programs to both individuals who may want to give help and to those who may need a little help to stay living independently and engaged in our communities. We are available for both presentations and tabling events that support our mission of assuring a vibrant community through the active involvement of older adults.

COMMUNITY EDUCATION

Elders in Action is committed to promoting the dignity, self-determination, well-being, and contributions of older persons through our community education programs. Samples of our offerings are:

Aging Awareness:

This training will help to increase awareness of older adults in terms of their numbers and capabilities, and to identify ways to communicate more effectively with the aging population. Topics covered include: aging demographics, statistics about aging population, myths and facts of aging, physical and functional changes and techniques for communicating with older adults.



Consumer Protection 101: How to Avoid Being the Victim of a Scam:

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." You work hard for your money and Elder in Action wants to help ensure you don't become a victim of a scam that could result in financial loss. Our training provides vital information on what a scam is, how to avoid common types of scams, and how you can help protect yourself from becoming a victim of a scam in the future.

Mastery of Aging Well Series:

This program is part of the Healthy Living video series produced by Oregon State University in partnership with AARP. Written and narrated by Sharon Johnson, OSU Associate Professor in Family and Community Health, this interactive five part video series explores practical, research-based solutions to many of the problems that you or aging family members may be encountering. The 5 Mastery of Aging Well Modules currently being offered:

- Memory Difficulties: Should I Be Worried?
- Depression in Later Life
- Medication Jeopardy
- Food As Medicine?
- Physical Activity and Exercise in Later Life

Volunteers are available to present information about the Mastery of Aging Well in an hour and half presentation.

Ride Wise - Ride Connection:

Ride Wise is a collaborative effort between Tri Met, Ride Connection and other organizations to assist older adults and people with disabilities to travel independently. Ride Wise offers many services that provide training and support for all customers to access the bus, light rail and other alternative transportation options. Programs include:

- Consumer Education & Outreach
- One-on-one travel training and Group Training
- Rider's Clubs at retirement facilities, senior apartments and low-income housing

Trained volunteers are available to come out and make group presentations and to do individual travel training for older adults and people with disabilities.

COMMUNITY INVOLVEMENT

Encore Action Teams

Elders in Action embraces a service learning approach to create meaningful and rewarding days of service experiences for volunteers. This unique educational approach integrates hands on community service with pre and post service education and reflections. Projects are more episodic and done-in-a day events. Examples of projects:

- Intergenerational Walk for Portland Sunday Parkways
- Gleaning Milwaukie Sunday Farmers Market for the Good Roots Food Bank
- Assisting at Portland Cooling Centers with Aging & Disability Services
- High Crash Corridor Safety Program with City of Portland Transportation
- Age Friendly Lake Oswego with Lake Oswego Adult Community Center
- Portland Memory Garden for Martin Luther King Jr. Day of Service
- Senior Game Day in East Portland with Urban League