



**“I feel heard. I feel cared about. I feel loved. I feel thankful. I’m grateful for our community here; we have each other.”**

Miriam Miller of Bend, in a note to our volunteers.



**Aging doesn't come with a road map.  
We're here to help.**

The Council on Aging of Central Oregon helps adults 60+ navigate aging. We should be your first call when looking for the support and services you or your loved ones need to stay healthy, safe, and connected. **If you know someone who can use our insights and guidance, give us a call at (541) 678-5483.**

## Here are some of the ways we can help:



**Aging Resource Experts** answer our phones, listen to your concerns, answer your questions or refer you to the appropriate agencies for the services and resources you need.



**Food Resources** include Meals on Wheels, which offers nutritious meals and a wellness check to homebound seniors. In addition, Grab-N-Go lunches are served three times a week at various meal sites throughout the tri-county.



**Options Counselors** listen, assess, create a plan, and offer you options on ways to move forward on the aging path.



**Home Repair Programs** can fix minor safety issues around the home, such as installing grab bars, tightening loose rails, and replacing heater filters.



**The Family Caregiver Support Program** can provide respite service, assistance finding services, supplemental services, and caregiver training.



**The Senior Health Insurance Benefits Assistance (SHIBA)** helps you make better Medicare insurance decisions during annual open enrollment. With the right information, you can choose the best options, avoid fraudulent activity, or change your coverage based on your current needs.



**Caring Connections** keeps seniors connected to the community. A weekly phone call from volunteers provides a friendly conversation and a wellness check.



**In-Home Care** assesses home environments and, if needed, can provide home/nursing care, chore help, and home-delivered meals for Oregonians not eligible for most Medicaid services.



**The Health Promotion and Disease Prevention Programs** positively affect older adults' health, contribute to reduced healthcare costs, and support healthy aging by providing effective exercise and movement programs.



**The Legal Assistance Program** makes legal council available for general advice and referrals to seniors in the tri-county area on an appointment basis. Legal Aid offices can be contacted directly at (541) 385-6944 or at [oregonlawhelp.org](http://oregonlawhelp.org).

Keeping Central Oregon seniors healthy, safe, and connected.

**[www.councilonaging.org](http://www.councilonaging.org) (541) 678-5483**

