

OREGON CASCADES WEST COUNCIL OF GOVERNMENTS

REGION 360 NEWS

MAY 2025

OCWCOG CELEBRATES OLDER AMERICANS MONTH

Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

"This year's OAM theme, 'Flipping the Script on Aging,' invites us to challenge outdated stereotypes and celebrate the contributions, resilience, and vibrancy of older adults in our communities. It's a powerful reminder that aging is not a decline, but a dynamic and valuable stage of life. Our Area Agency on Aging staff will be out in full force this month, participating in and supporting a variety of local events that honor and uplift older adults. We're proud to be part of a movement that promotes positive aging and strengthens connections across generations."

- Randi Moore, Senior, Disability & Community Services Director

How can community groups, businesses, and organizations mark OAM?

- Promote OAM within professional and personal networks.
- Encourage followers to share thoughts and stories on social using #FlipTheScriptOnAging.
- Share tips on language and activities that dispel myths about aging.
- Host events or programs where older adults can mentor peers, younger adults, or youths to help dispel misconceptions about ageism.

What can individuals do to combat ageism?

- Celebrate the contributions of people of all ages in the workplace and community.
- Avoid ageist statements when talking about growing older.
- Promote fact-based messages about older adults' abilities and value to communities.



FLIP THE SCRIPT ON AGING: MAY 2025

Please read below for a list regional events for Older Americans Month

UPCOMING EVENTS

FOR OLDER AMERICANS MONTH WITH OUR SENIOR & DISABILITY SERVICES (SDS) TEAM



Senior Coffee Social

Albany Riverfront Community Center

Wednesday, May 21st, 10 - 11AM

Coffee, morning snacks, and a presentation with some materials and giveaways from our SDS team.



Strength & Balance Fitness Class

Lincoln City Community Center

Thursday, May 29, 10AM

This class offers low-impact exercises to build balance, endurance, and strength. SDS staff will be handing out materials and giveaways to class participants.



Senior Potluck

Mid-Willamette YMCA

Friday, May 30, 11:30AM - 1PM

Bring your favorite side dish, entree, dessert, or snack to share with friends new and familiar! SDS staff will be joining the fun and handing out materials and giveaways.



Senior Luau Potluck

Lebanon Senior Center

Thursday, June 26, 2PM

Recognizing Older Americans Month, Elder Abuse Awareness Month, and People with Disabilities Month. Enjoy food, entertainment, prizes, and materials and giveaways from our SDS team.

Connect with your local senior/community center and YMCA to find other events, activity and fitness classes, social groups, and more for seniors!

A NOTE FROM THE DIRECTOR



As we welcome another month, I want to take a moment to acknowledge a few significant events we're honoring in May – Older Americans Month, Mental Health Awareness Month, Military Appreciation Month, National Asian American & Pacific Islander Heritage Month, Memorial Day, Cinco De Mayo, and of course, Star Wars Day (May the Fourth be with You).

The national observance of Older Americans Month recognizes the contributions, aging trends, and reaffirms our commitment to serving and supporting older Americans. OCWCOG is the region's Area Agency on Aging, specializing and providing a host of supportive programs and services for seniors and their caregivers. This year's theme is "Flipping the Script on Aging", so we've been dispelling myths and sharing ideas to challenge stereotypes and embrace the opportunities that come with aging on our Facebook page.

As the Benton County Veteran Services Office (VSO), Memorial Day is also a vital day of remembrance at OCWCOG. It is a time to honor and remember the brave individuals who gave their lives in service to our country. Their sacrifice has shaped the freedoms we hold dear, and all month long and on this day, we reflect on their courage with gratitude and respect.

There will be several celebrations throughout the state of Oregon to observe Memorial Day. To find a commemoration near you, please visit memorialdayoregon.com.

Wishing you a meaningful and wonderful month ahead, with much to celebrate and reflect on!

A handwritten signature in black ink, appearing to read 'Ryan Vogt'.

Ryan Vogt, OCWCOG & CSC Executive Director



GET CONNECTED TO THE RESOURCES YOU NEED

Aging & Disability
Resource Connection

ADRC
Aging and Disability
Resource Connection
— of OREGON —



LINN & BENTON COUNTY
1-800-638-0510 or 541-967-8630



*Promoting a
thriving region
through service,
connectivity, and
innovation.*

The ADRC is a
free service that
offers a single
source of
information and
assistance on
issues affecting
older people and
people with
disabilities
regardless of
their income.

MEALS ON WHEELS VOLUNTEERS NEEDED!



TOGETHER WE
CAN DELIVER!

SIGN-UP TO VOLUNTEER
volunteers@ocwcog.org
(541) 812-6015



SPRING INTO ACTION: GIVE BLOOD



JUNE 27, 2025 BLOOD DRIVE

Oregon Cascades West Council of Governments and the American Red Cross are hosting an upcoming blood drive. Please join our lifesaving mission

Site: Oregon Cascades West Council of Governments

Address: 1400 Queen Ave SE Suite 201, Albany, OR, 97322

Room Name: ABC Conference Room

Date: Friday, June 27, 2025

Time: 10:30 AM – 03:30 PM



SAVE THE DATE

COG BLOOD DRIVE

STAY TUNED FOR A
FOLLOW-UP EMAIL
TO SCHEDULE YOUR
APPOINTMENT





TUESDAY, JUNE 3, 2025

11:00 AM - 1:00 PM

WALDPORT COMMUNITY CENTER PARKING LOT

FREE Fraud Prevention Shred Event! Sponsored by Senior Medicare Patrol and SHIBA, this free event is **open to all members of the community.** Celebrate Medicare's Fraud Prevention Week, June 2-6, by joining us!

Please limit four bank boxes per vehicle.

Reduce fraud and prevent scams by properly disposing of sensitive documents!

HOSTED BY OREGON CASCADES WEST COUNCIL OF GOVERNMENTS & AFFILIATE PARTNER PROGRAMS



Get Reimbursed for your CDL Training

OCWCOG IS OFFERING A NEW TUITION REIMBURSEMENT PROGRAM TO ENCOURAGE AN INCREASE IN THE NUMBER OF DRIVERS IN OUR REGION WHO ARE INTERESTED AND QUALIFIED FOR CAREERS IN TRANSIT.

To qualify for a reimbursement for 50% of your tuition, CDL training must be completed at Linn-Benton Community College between January 1, 2024, and June 18th, 2025. In addition, after receiving your license, you will have to have added a Passenger Endorsement Permit to your CDL.

Qualify for an additional 50% tuition reimbursement by gaining employment at one of the following transit agencies:

Linn-Benton Loop
541-917-7608
albanyoregon.gov/loop



Benton Area Transit
541-766-6700
bentoncountyor.gov/ridethebat



Corvallis Transit System
541-766-6998
corvallisoregon.gov/cts



Contact the LBCC CDL Program Manager at
cdl@linnbenton.edu to apply for this great opportunity!

LET'S GET SOCIAL!



Give us a follow to stay up to date on current happenings and career opportunities at Oregon Cascades West Council of Governments!



Find current job openings at OCWCOG.org

Follow Us!

MEMBER GOVERNMENTS | COUNTIES Linn, Benton, and Lincoln **CITIES** Adair Village, Albany, Brownsville, Corvallis, Depoe Bay, Halsey, Harrisburg, Lebanon, Lincoln City, Millersburg, Monroe, Newport, Philomath, Siletz, Sodaville, Sweet Home, Tangent, Toledo, Waldport, and Yachats **SOVEREIGN NATION** Confederated Tribes of Siletz Indians **PORT** Port of Newport



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Our mailing address is:

1400 Queen Avenue SE

Albany, OR 97321

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You can [update your preferences](#) or [unsubscribe from this list](#).



Promoting a thriving region through service, connectivity, and innovation.

NEW TO MEDICARE? JOIN US!

FREE MEDICARE 101 COURSE

Medicare 101 courses are designed for anyone who will be eligible for Medicare within a few months or is new to Medicare. Current beneficiaries who would like a better understanding of their benefits and options will also find this course valuable. Spouses and family members are encouraged to attend to gain knowledge about Medicare and the options available for their loved ones!



Medicare 101 courses are taught by a certified SHIBA counselor.



Newport 2025

Samaritan Center for Health Education

6/13 | 10am - 12pm

10/24 | 10am - 12pm

11/21 | 10am - 12pm

60+ Activity Center

8/15 | 1:30pm - 3:30pm

11/7 | 1:30pm - 3:30pm

DUE TO THE LIMITED CLASS SIZE, ADVANCED REGISTRATION IS REQUIRED FOR ALL CLASSES. REGISTER TODAY BY CALLING 541-812-0849 OR 541-574-2684.



U.S. Small Business
Administration

SBA 504 LOAN: IS MY BUSINESS ELIGIBLE?

FINANCING WITH CASCADES
WEST BUSINESS LENDING IS
EASIER THAN YOU THINK!



- ✓ For profit business
- ✓ Tangible net worth less than \$15 million
- ✓ Average net profit after taxes less than \$5 million (previous 2 years)
- ✓ Loan used to finance the acquisition, construction or renovation of real estate or for the purchase of machinery and equipment
- ✓ Business occupies at least 51% of the acquired building space
- ✓ All owners of 20% or more ownership in the business must guarantee the loan
- ✓ Project achieves at least one Economic Development Objective - Job Creation or Retention, a Community Development Goal, or a Public Policy Goal.



SBA 504 loans provide up to 90% financing, enabling small business owners to preserve their working capital.



Below-market fixed rate loans are available to businesses for 10, 20, or 25 year terms.

CASCADES WEST BUSINESS LENDING
CREATING JOBS IN OREGON
ONE BUSINESS AT A TIME!

Didi Aho, Loan Officer

✉ Loans@ocwcog.org

☎ (541) 812-1920

We Are Hiring!



JOIN OUR TEAM

Financial Accountant

✓ Generous Leave Benefits ✓ 11 ½ Annual Holidays ✓ Amazing Medical Benefits

UPCOMING EVENTS

May 26 | Memorial Day OCWCOG Offices Closed

June 19 | Juneteenth OCWCOG Offices Closed

July 4 | Independence Day OCWCOG Offices Closed

May 26 | Memorial Day OCWCOG Offices Closed

June 19 | Juneteenth OCWCOG Offices Closed

July 4 | Independence Day *OCWCOG Offices Closed*

CAREER OPPORTUNITIES

Financial Accountant
More coming soon!

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Finacial Accountant

More coming soon!

LEARN MORE

