

ROAM Cohort One

- Council on Aging Caring Connections
 - Council on Aging will bolster their Caring Connections program which focuses on reducing isolation and loneliness among the older adult population in Central Oregon through a telephone reassurance program. Additional activities include in-person social opportunities, volunteer recruitment and training, and culturally-responsive resource development.
- Yellowhawk Tribal Health Center
 - Yellowhawk Tribal Health Center will expand programming for elders to encourage social connection and decrease isolation and hopelessness among the elder population in Umatilla and Union counties. Programming includes Horse Medicine Elders Group, an Elder's Garden Guild, music performances, and there are future plans to add Elder's Yoga
- Sherman County
 - Sherman County Prevention will provide older adults with a variety of engaging activities that will promote social connection, increase community connections, and raise awareness about mental health and how to access resources. Activities include art events, meal prep and nutrition, QPR suicide awareness training, Aging adult programming, and focus groups to guide future work.
- AGE+ Circles of Care
 - AGE+ will implementing culturally-specific social connection activities and materials for their new Circle of Care program in Talent, OR. Circles of Care is a mutual aid and isolation prevention volunteer program embedded within a new housing development with a focus on connecting seniors who were affected by the Alameda Fire in 2020.
- Community Connection of Northeast Oregon
 - Community Connection of Northeast Oregon will invest in group activities and crafting supplies which will be used for ongoing events for older adults in Union County. Activities will provide a connection point between older adults in the community along with some opportunities to connect and co-create crafts with local youth organizations (such as 4-H and Scouts), students at Eastern Oregon University, and homeschool students.
- Oregon Senior Peer Outreach Aging Better Together
 - Oregon Senior Peer Outreach will recruit for and implement the Aging Better Together program to build peer support and social connection for older adults in Clatsop, Columbia, Wasco, and rural parts of Washington County.
- Older Adult Behavioral Health Initiative World Café Project
 - Coos Health and Wellness, in partnership with the statewide Older Adult Behavioral Health Initiative, will implement 8-12 World Cafés with recruitment reaching rural older adults in 20 different counties throughout Oregon. World Cafés are facilitated group discussions that provide meaningful connections and fights isolation and loneliness.

ROAM Cohort Two Project Descriptions

Winter 2024 Awardees

- Condon Arts Council
 - County – Gilliam, Morrow, Sherman, and Wheeler
 - The purpose of the project is to foster social connection through accessible, group art education, with a focus on reaching older adults and cultivating intergenerational connections. While much of the work will be at their site but they also will go to Summit Springs Retirement and Assisted Living to offer arts-focused learning and social connection events.
- Clatskanie Senior Citizens
 - County – Columbia
 - This project seeks to provide transportation services to isolated senior citizens who are unable to participate in current congregate meal or social connection activities. In addition, they want to provide three group trips to local sites such as the Columbia Maritime Museum, Columbia County Fair, and a beach visit. Current services include congregate lunches three days per week and activities including chair yoga, crafts, games, special programs, and volunteer opportunities at our recently refurbished senior center.
- Definitive Senior Fitness
 - County – Tillamook
 - Preventing falls, providing emotional support, and community connections are the core of this project. Specifically, the goal is to reduce barriers for individuals to participate in evidenced-based exercise programs and to connect people and cultures in all areas of Tillamook County. An additional focus will be on the Latine community where funds will support a bilingual coordinator to develop materials and lead outreach along with training for a bilingual instructor to provide classes in Spanish.
- Elkton Community Education Center
 - County – Douglas
 - Funding for this project will supplement a community health worker position to help personalized outreach to older adults to engage with the center’s wide array of services. Currently, the center offers weekly multi-generational Seniors & Friends Lunch program, space for the Outpost Mobile Food Pantry present after lunch, chair yoga, nutrition classes, a book club, a quilting group, and several cultural events, and educational workshops. Additional services include telehealth access, application assistance, along with information and referrals which are used to wrap folks into their other services as well.
- Klamath Vasin Seniors Citizens’ Center
 - County - Klamath
 - KBSCC Cares program will increase socialization for SMVF during congregate meals and provides transportation to the site. During meals, they will implement opportunities to normalize conversations and questions about suicide and its effects on individuals and communities. The site also offers no cost exercise classes, a veterans group each week “Muffin Mondays” (Klamath Hospice and Palliative Care facilitates this), twice weekly

dancing (couples and line), bingo, a game room, volunteerism, pinochle, on-site library, internet and computer access, creative writing, art classes, a gift shop, Qi gong, Ukulele group, free coffee/tea and Yoga.

- Latino Community Association
 - County – Jefferson, Crook, and Deschutes Counties
 - Club de Eterna Juventud / The Club of Eternal Youth offers monthly gathering space for Latine older adults, providing an array of culturally specific programming that is informed by members, many of whom are monolingual Spanish speakers. The program is designed to enhance the quality of life and well-being of Latine seniors in Central Oregon communities, while working to connect with older adults who are isolated. Their project will provide reading at the library groups, culturally specific meals to learn about resources for older adults, folkloric dancing from various regions, field trips, meditation classes, and other mental health workshops. This project will also help them expand their programming to include Prineville area and reach even more Latine community members.
- Illinois Valley Wellness Resources
 - County - Josephine
 - Building upon the “Adopt-A-Senior” program to support the Spanish-speaking community in Josephine County. This project seeks to update its marketing and outreach to include Spanish materials, interview and vet new Spanish-speaking volunteers, and match residents in need of volunteers. Volunteers in this program (usually older adults, themselves) help older adults with visitation/socialization, transportation to the grocery store or social venues, errands, delivering food boxes or meals, caring phone calls or light duty help around the house such as dishes, filing papers, gardening, clearing clutter, etc.
- Jackson County Master Gardeners
 - County – Jackson
 - The purpose of this program is to use plants and horticultural therapy activities to promote social connection and overall mental well-being for older adults facing isolation due to physical distance in rural communities and disabilities. This program will have several cohorts of 6-10 individuals based on meeting location. Through Plants for Gramps, each cohort will meet at least 6 times to learn about various horticulture aspects and to conduct horticultural therapy-based activities. In these workshops we plan to encourage outside socialization such as a phone call chain for participants to keep in touch after the program ends. Some funds go towards providing participant travel opportunities, including fuel cards and taxi services.
- Raíces de Bienestar
 - County – Washington
 - The overarching goal is to reduce social isolation among our priority population by fostering a sense of community, connection, and support; the project is also designed to provide them with tools and resources that can help them mitigate the feelings of loneliness and isolation that can accompany rural living. Funding will support reducing social isolation within our priority population by providing older, rural residents access to

our Charlas de Salud y Bienestar Emocional (Emotional Health and Wellness Community Conversations) and mobile mental health services to Edad de Oro seniors (Older Adults).

- Solid Ground
 - County – Klamath
 - Solid Ground Equine Assisted Activities and Therapy Center provides equine therapy and will use funds to bolster their program that focuses on Veterans, including tribal members, in Klamath County. Their program seeks to foster relationships amongst Veterans and a sense of communal support, ultimately reducing the social isolation that these individuals experience.
- Source One Serenity
 - County – Douglas
 - The broad purpose of our project, "Social Connection Through Nature and Peer Support," is to address mental health among older veterans and expand resources by offering outdoor recreational activities to build trust among veterans and fostering a sense of belonging within the community. Their organization is led by veterans, for veterans, and seeks to hire a part-time peer specialist to offer personalized support through one-on-one sessions, lead peer support groups, organize outdoor recreational outings, and guide veterans through their recovery journeys. Activities are determined based on community feedback from SMVF communities and through other funding, they can offer transportation and activities at no cost. Previous work includes providing experiences led by and for women veterans along with a newer connection to the Cow Creek Band of Umpqua Tribe of Indians to provide activities for tribal veterans.
- Yellowhawk Tribal Health Center
 - County – Umatilla and Union
 - As a previously funded program, they want to expand programming and classes by funding an Elder's Garden Guild, music performances, an Elder's Movie Matinee, Weaving and Crafting classes, Age/Memory/Death Cafes and a Grief & Loss support group. All of these programs are culturally specific and requests from the community, which includes Umatilla and Union counties. With previous funding, they were able to sustain the Horse Medicine Elders Group through the Yellowhawk Behavioral Health Department.