

Call & Post
Wednesday, March 11, 2009

SOS center eases seniors' distress

The Senior Outreach Services Health & Wellness Center, located in the recently opened Langston Hughes Center at East 79th and Quincy Avenue, has a variety of classes and presentations planned to help adults at every stage of life embrace a healthier lifestyle.

Currently, SOS offers classes five days a week for adults age 60 and over, including tai chi, fitness music and art therapy, line dancing and massage therapy. These classes take place during the day, generally from 10a.m. to noon.

Future classes will cater to those who are still working and who require early morning, evening and weekend classes. Upcoming classes include belly dancing, Tai Chi, yoga, and ballroom dancing. Additionally, SOS will host a variety of workshops and seminars that focus on nutrition, chronic disease prevention, and techniques for living healthier.

SOS will also host seminars that discuss ways to be financially healthy. The first of these seminars, "The Best Way to Start a Home-Based Business for Entrepreneurs Over 50", will take place on Saturday, March 28, from 9a.m. to noon. The workshop will feature professionals from this age group discussing best practices in the areas of marketing, accounting, finance, legal, insurance, and technology. The fee for the event is \$7; registrants should call (216) 231-0003 or visit the Web site sosleveland.org.

Senior Outreach Services, Inc. (SOS) is a nonprofit agency established in 1979 and founded on the principles of African village life in which a community reveres and cares for its elders. SOS is an award-winning provider of supportive services and innovative programs that empower mature adults to take an active role in their health and well-being. The agency's mission is to help older adults and their families improve their health, independence and quality of life through community outreach and support.

What began with Street Health Workers, volunteers of the Fairfax community assisting their elder neighbors at home, has expanded to a suite of home care services, nutritious meal preparation and health and wellness activities for mature adults in a number of Cleveland neighborhoods and neighboring communities on the east side.

In 2008, SOS provided nearly 91,000 meals to homebound and nutritionally at-risk elders; helped elders remain independent and at home with nearly 20,000 hours of homemaking and personal care; and helped more active older adults maintain their health and independence with over 1000 hours of health and wellness activities and programs.

