

Welcome to the Highlands Senior Network

For some years now the Highlands Senior Network, like so many other local and national senior organizations, has been doing everything possible to fulfill our two major objectives:

1. To help our senior population (which is larger than you may think), to age in place.
And...
2. To enjoy life!

To that end, we have been meeting and organizing monthly events, i.e. speakers, potlucks, picnics, lunches at nearby restaurants, game days, all in coordination with the Highlands Recreation Center.

We also are trying our very best to identify and help those residents who need assistance. So we are compiling a list and assembling a group of volunteers, senior or not, who might be willing to give some time and/or energy in this effort. As of now, the need is for drivers, phone callers, visitors or perhaps some occasional cooking - the usual stuff that makes life less isolated and more pleasant.

You do not have to be a member of the Highlands to attend the caregivers support group that is held at Crystal Springs Church (bottom of Bunker Hill) on the 3rd Monday each month. 5:00 to 7:00PM. No need to hire a sitter if your loved one can come by car. You can bring them, as we have someone to be with your loved one, in an adjoining room, so we can talk privately. Handicapped parking is up the hill near our meeting rooms. We try to help you solve the problems that are involved in caring for persons with handicaps. We have books and equipment to loan

So now it is up to you. If you would like to join the steering committee, or just to join the group, please call or e-mail Cliff Donley, 349-5290 (e-mail patcliffd@comcast.net) To volunteer, call Dianne Weitzel , 571-6122 (Kona_caves@juno.com) And to add your name to our e-mail list to receive all the notices of activities, etc., call Trude Huygen , 341-5969 (TnThuygen@aol.com).

Join the group, come to the meetings, meet people you've not met before. Do it now!