

Hello -

This afternoon we are launching the ADRC or Oregon Facebook page! Our goal is to keep this page updated with information and events happening statewide for seniors, people with disabilities, families and caregivers. We need your help in launching this page!

If you are a facebook user you are ready to go and can skip down to the numbered instructions below.

For those of you who do not have a Facebook account and think you may like to set one up go to www.facebook.com and follow the instructions on the site. Once your account is established, please follow these simple instructions:

1. In the search bar at the top of the page enter ADRC of Oregon.
2. When the Welcome page comes up, right next to the title ADRC of Oregon, please click on the "Like" button. Once you like the page, when we post updates to the page they will pop up on your wall.
3. Then when the next page comes up if you select "share" the link will post to all your wall. This will then make the link available to all your friends. You will also have the options to make a comment about the link if you would like to do so.

We need your help in getting this page launched and this is the only way to do so. Please pass this message on to your advisory councils, staff, and community partners. Thanks in advance and we will let you know how this social marketing works! Happy holidays!

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