

SeniorsPlus EDUCATION CENTER

**FEBRUARY 2012
CLASSES**

Savvy Caregiver Training

Date: Wednesdays
February 1 –
March 7

Time: 1:30 – 3:30 p.m.

Instructor: Kathryn
Pears, Dementia Care
Strategies, Inc.

Pre-Registration

Required: Call Kathryn
at 751-8183, or email:
info@dementiacarestrategies.
com

Are you caring for a family
member with dementia?

This is a 12-hour training
program that enhances
your knowledge and skills,
as well as information on
how to care for yourself.

Living with Alzheimer's for People with Alz's

Date: Mon., February 6

Time: 10:00 a.m. – Noon

Instructor: *see below*

Registration: *see below*

We will discuss what you
need to know, what you
need to plan, and what you
can do as you navigate this
chapter of your life.

Legal and Financial Planning for Alzheimer's

Date: Mon., February 6

Time: 1:00 – 3:00 p.m.

Instructor: Bill
Kirkpatrick, LICSW,
Alzheimer's Association
Registration: Call Cindy
Beck, Maine Chapter,
Alzheimer's Association at
1-800-272-3900

Learn what to consider
when someone is affected
by Alzheimer's or
dementia, and how to put
plans in place.

Gadgets & Thingamabobs: Making Life Easier at Home

Date: Tues., February 7

Time: 10:00 – 11:30a.m.

Instructor: Kathy
Despres, CARES Program

You'll be able to see, touch,
and play with items that
make it easier to live
independently safely -
open door alarm, reader
magnifier, Kindle, smoke
detector with flashing
strobe, gas cap remover,
and more.

A ONE-ON-ONE CLASS

Curious About Your Family Genealogy?

Open Dates: Tuesdays
February 7, 14, 21, 28

Time Choices:

1:00 – 2:00 p.m.,

2:15 – 3:15 p.m.,

3:30 – 4:30 p.m.

Instructor:

Carroll N. Holmes

(continued on next page)

Curious About Your Family Genealogy? continued

The instructor will work with you for an hour using genealogical web sites to find people on your family tree.

Bring your curiosity, your knowledge, and information (names, dates, places) if you have any.

Homeowners: How to Put Heating Oil Money in Your Pocket instead of the Oil Tank

Date: Thursday
February 9

Time: 10:00 – noon

Instructor: Hal Barter,
City of Auburn

Interested in saving money & being more comfortable in your home this winter?

You'll be given the knowledge to assess where the energy loss is in your home - the efficiency of your heating system, insulation, as well as cold, drafty areas. You'll gain the knowledge to create an effective, money-saving plan that will be cost

Homeowners (continued)

effective and make it less expensive to heat your home.

Celebrate Random Acts of Kindness Week

Date: Tuesday
February 14, 21

Time: 1:00 – 3:00 pm

Instructor: Sue Holmes,
SeniorsPlus Education
Center Coordinator

We know the value of kind actions. We'll celebrate by finding ways to share kindness all week long, then meet again to discuss how it went.

Close to Age 65? New to Medicare? MEDICARE INFORMATION SESSION

Date: Wed., February 15

Time: 10:00 – 11:30 a.m.

Instructor: Roland
Bussiere, SeniorsPlus
Medicare Counselor

Come learn the basics and timelines of this complex system, learn when you need to sign up for what, and ways to save money.

What's Happening to My Body As It Ages?

This Month: THE FLU: BIRDS, SWINE, AND YOU.

Date: Friday, February 17

Time: 1:00 – 2:30 p.m.

Instructor: Dr. Claudia
Geyer, M.D., CMMC

Learn who is at risk, how the flu can affect you, and some easy options you can use to protect yourself.

Your Legal Rights

This Month:

RECOGNIZE THE SIGNS OF PHYSICAL, EMOTIONAL, AND FINANCIAL ABUSE AMONG THE ELDERLY

Date: Tues, February 28

Time: 10:00 – 11:30 a.m.

Instructor: Jill K. Randall,
Esq., Maine Legal Services
for the Elderly

Learn how Maine Legal Services for the Elderly (a free service) can help.

Our Classes are Free.
We are Fully Accessible.
Hearing Assistive Equipment
Is Available