

# Education Center Schedule

December 2021

## Get a "Virtual" Life

Almost overnight Zoom became the primary social platform for millions of people. The COVID-19 pandemic forced us to find creative solutions to stay connected. Everything went "virtual"-the workplace, schools, doctor's appointments, and worship. Even though the world is "opening" back up we are seeing the virtual platforms holding on. In some regards, it is lessening travel stresses and burdens keeping friends and family connected. Gas is expensive right now anyway.

This Christmas will be different from last year's. Our most vulnerable are still hunkered down or taking precautions but many are planning for holiday travel and parties. Most of us will be in some kind of hybrid gathering – both in-person and virtual. Hybrid is here to stay.

SeniorsPlus can help you meet your technological needs. Take a **Zoom 101** class and learn how to share your screen while you read your favorite holiday book to your grandkids or broadcast your favorite movie and watch their delighted faces. Some people cannot handle cross-talk or simultaneous conversations so give these calls some structure. Put one person in charge, talk in a round-robin, or every person reads something.

Do you know you can have a group **Facetime** on your iPhone? You can put the whole family on there. Phone controls are tiny. We can show you how to enlarge them. Bring your device to our ongoing **Walk-In Technology Clinic** on 12/14 with all your questions.

It is important to adjust expectations this holiday and take care of your own mental, emotional, and physical well-being. Stay in shape with **Chair Yoga** from the comfort of your own home - every Friday morning and *soon to be added* every Tuesday morning. Do what you can reasonably and safely manage.

Virtual is not going away. Here at SeniorsPlus, we want to make your virtual life easy and fun! So put on your best holiday sweater and join us for class.

For more information call (207) 653-6513 or email [gnelson@seniorsplus.org](mailto:gnelson@seniorsplus.org)

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To register for our Online Education Center offerings, please email us at [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org) or call SeniorsPlus at 207-795-4010.

## ONLINE CLASSES

### Holiday Eating Tips

**Date & Time:** Thursday, December 9 from 10:00-11:00 AM

**Instructor:** Jennifer Nelson, RDN LD CDCES

**Location:** Zoom Live

What do you do when you are faced with a spread of delicious holiday food? We are entering the "eating season" which lasts from the end of November to the beginning of January. How much people gain is up for debate – from one pound per holiday to an average of 5-10 pounds over the entire period. But is it necessary? Learn how to make healthy choices easier, how to avoid mindless eating, how to manage blood sugar, and still enjoy the foods you love. Even if you are not weight-conscious, learn ways to feel the best in your body. Learn the truths and myths associated with eating all those yummy holiday foods. Join Jennifer Nelson, RDN LD CDCES with Home Health Specialist - Kindred at Home.

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### Zoom 101: Using Video Technology to Stay Connected

**Date & Time:** At your convenience

**Instructor:** SeniorsPlus Staff

**Location:** Zoom Live, one on one with staff. A device with both a webcam and speaker are

required to participate.

Join us for this one-on-one class to become more familiar with how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

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## Medicare Made Simple

**Date & time:** At your convenience

**Instructor:** SeniorsPlus Staff

**Location:** Online video

Check out this pre-recorded Zoom class to learn how to navigate Medicare. In this introductory course, you will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or anyone who currently has Medicare and would like to learn more.

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## Fraud & Scams Prevention Workshop *AARP Fraud Watch Network*

**Date & Time:** At your convenience

**Presenter:** SeniorsPlus Staff

**Location:** Online video

Every year, one in ten seniors fall victim to scams and fraud. The number is most likely higher because many scammed seniors are embarrassed and afraid to report it to the authorities or to their families. Keep yourself and your loved ones safe. Don't be a statistic. This workshop will give you the information needed to protect yourself and your loved ones. Do you know the top scams in Maine? Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention and Resources. Become a fraud fighter instead of a fraud victim. Content from AARP Fraud Watch Network.

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## AT&T - Cyber Aware Webinar

**Date & time:** At your convenience

**Instructor:** AT&T Staff

**Location:** Online video

Catch this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is designed for people who are interested in learning statistics, recognizing scams, and what to do to protect themselves while online.

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## Cyber-Senior Mentors - A Tech Resource

**Date & time:** At your convenience

**Instructor:** Cyber-Senior

**Location:** Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please join in. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.



# AARP Safe Driving Course Information

**Date & time:** At your convenience

**Instructor:** AARP Staff

**Location:** Online course. *In-Person classes are expected to resume January 1, 2022.*

Reach out to us if you need assistance accessing AARP's Safe Driving course. The course is online only at this time. It is a four-hour class that once you register you'll have access to log in any day and time to complete it within 60 days of payment. The cost is 22.46 for nonmembers and 17.96 for members with the current online coupon. Also, check with your insurance provider for eligible discounts.

## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups

**Dates & Times:**

Monday, December 13 from 5:30-7:00 PM

Thursday, December 30 from 9:00-10:30 AM

**Instructor:** SeniorsPlus Staff

**Location:** Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME and via Zoom simultaneously

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet in person with a limit of 10 and via Zoom at the same time.

### Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter last year? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list.

## OTHER GROUPS AND EXERCISE

### Walk-In Technology Clinic

**Dates & Times:** Tuesday, December 14 from 9:00-11:00 AM

**Instructor:** SeniorsPlus Staff

**Location:** Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

SeniorsPlus staff will be ready and waiting to help you with your smartphone or smart device. Come on over, have a seat, hook up to our wireless and we can get started troubleshooting your technology needs. What is your burning question? Is it how to add contacts, how to Facetime, how to maximize Zoom, what happens to apps after you delete them? These are just some of the questions we get all the time. We are digital immigrants and digital natives - come and try to stump us!

### Bereavement Support Group

We are currently in the process of revamping our grief support group. Stay tuned for details. Feel free to sign up for updates to stay informed or put your name on the waiting list.



### SeniorsPlus Book Club

**Date & Time:** Wednesday, December 8 from 2:00-3:00PM  
**Instructor:** Lucille Tetreault  
**Location:** In person at SeniorsPlus, 8 Falcon Road, Lewiston, ME

SeniorsPlus Book Club will be meeting at 2:00 pm on Wednesday, December 8. We will be reading THE DEATH OF SANTINI By Pat Conroy. Read and bring your copy for a guided discussion.

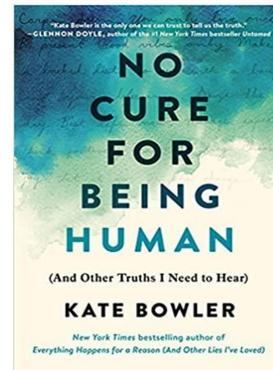
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## New Book Club - No Cure for Being Human (and Other Truths I Need to Hear) by Kate Bowler - *coming in February*

**Date & Time:** 5 Wednesdays: February 2 - March 2 from 3-4:00 PM

**Instructor:** Elizabeth A. Keene, Vice President, Mission Integration, St. Mary's Health System and Brianne Genschel, Manager for Maine Center for Palliative Medicine offered through Androscoggin Home Healthcare + Hospice  
**Location:** Virtual via Zoom

**NEW YORK TIMES BESTSELLER** • The bestselling author of *Everything Happens for a Reason (And Other Lies I've Loved)* asks, how do you move forward with a life you didn't choose?



It's hard to give up on the feeling that the life you really want is *just* out of reach. A beach body by summer. A trip to Disneyland is around the corner. Promotion on the horizon. Everyone wants to believe that they are headed toward good, better, best. But what happens when the life you hoped for is put on hold indefinitely?

Kate Bowler believed that life was a series of unlimited choices, until she discovered, at age 35, that her body was wracked with cancer. In *No Cure for Being Human*, she searches for a way forward as she mines the wisdom (and absurdity) of today's "best life now" advice industry, which insists on exhausting positivity and on trying to convince us that we can out-eat, out-learn, and out-perform our humanness. We are, she finds, as fragile as the day we were born.

With dry wit and unflinching honesty, Kate Bowler grapples with her diagnosis, her ambition, and her faith as she tries to come to terms with her limitations in a culture that says anything is possible. She finds that we need one another if we're going to tell the truth: Life is beautiful and terrible, full of hope and despair and everything in between—and there's no cure for being human.

Join Elizabeth Brianne in this facilitated discussion which will start in January. This gives you time to go get the book! Ask for it for Christmas. Or come get a free copy from us at SeniorsPlus.

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## Knitting Group

**Dates:** Wednesdays (Ongoing) December 1, 8, 15, 22  
**Time:** 4:30-7:30PM  
**Group Lead:** SeniorsPlus Staff  
**Location:** Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

Join our knitting group to work on your own project, learn from others, and socialize!

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## Total Strength & Balance - Two Locations: *Auburn Mall & Lewiston YWCA*

**Location:** Auburn Mall, 550 Center Street, Auburn, ME 04210  
Come to the TD Banks side of the mall. Plenty of parking.  
**Dates & Times:**  
Mondays 10:00-10:45  
Wednesdays 10:00-10:45

Fridays 10:00-10:45

**Instructor:** Linn Morin, Certified Trainer

Description: Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are held online and safely in person following CDC guidelines.



**Location:** YWCA Lewiston, 130 East Ave, Lewiston, ME 04252

**Dates & Times:**

Tuesdays 11:15-12:00

Thursdays 11:15-12:00

**Instructor:** Linn Morin, Certified Trainer

Description: Flex Senior Fitness. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles.

To register or for more information, call Linn at 523-9055.

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## Chair Yoga In-Person & Zoom

**Dates:** Fridays (ongoing) December 3, 10, 17

**Time:** 9:00-10:00AM

**Instructor:** Mary Bishop, RYT

**Location:** Zoom & In-Person - Education Center at SeniorsPlus, 8 Falcon Road, Lewiston

**Cost:** \$5 per class. Payments to be exchanged directly with Mary.

**Must-haves:** If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in-person then just yourself.

Join Mary for this class offered both in-person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.

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## More Yoga Coming! An Extra Chair Yoga Class on Tuesdays

**Dates:** Tuesdays (ongoing) January 4, 11, 18, 25

**Time:** 9:00-10:00AM

**Instructor:** Mary Bishop, RYT

**Location:** Zoom & In-Person - Education Center at SeniorsPlus, 8 Falcon Road, Lewiston

**Cost:** \$5 per class. Payments to be exchanged directly with Mary.

**Must-haves:** If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in-person then just yourself.

## NORWAY AND OXFORD COUNTY CLASSES

### Virtual Mat and Chair Yoga

**Dates & Time:** Thursdays (Ongoing) December 2, 9, 16 3:00-4:00 PM

**Instructor:** Lisa Davidson, Whiteview Yoga RYT-500

**Location:** Virtual via Zoom

**Cost:** \$5 per class. Payments are to be exchanged directly with Lisa. Click on SeniorsPlus Chair and Mat Yoga: <https://www.whiteviewyoga.com/schedule>

This class offers a modified approach to safely receiving all of the benefits of a regular yoga class. Poses are guided while sitting, standing, and on the floor. Modified poses are offered for those who remain seated throughout or for those who do not wish to get up and down from the floor. Any age is welcome! Offered on Zoom. Zoom details are provided after you sign up.

Graceful aging can be achieved by staying active. Whether you are just getting off the couch, or have a condition like arthritis, osteoporosis, metabolic syndrome, joint replacement,

limited movement from illness, or chronic pain, you need to keep moving and do so in a gentle and kind way.

Yoga students over 55 often need their yoga practice modified depending on their changing health conditions. This class will provide you with experiential knowledge of how to keep yourself safe in any yoga class.

Lisa Davidson, E-RYT 500, is certified in teaching yoga to seniors and will provide each student a relaxing, challenging, and safe experience. She has been teaching yoga for over 40 years.

## HEALTHY LIVING FOR ME

**HL4ME has launched multiple virtual and in-person programs, including Tai Chi for Health & Balance, Better Health NOW, Better Health with Diabetes toolkit, Better Health with Chronic Pain toolkit, and our Living Well workshops!**



Below is a comprehensive list of ALL the workshops being offered across the state, most are virtual and some are in person. You are eligible to sign up for any virtual class regardless of where you live. For details, visit our website at [www.healthylivingforme.org](http://www.healthylivingforme.org) for more details.

If you have any questions or would like to register, please contact Katherine at 207-440-2390.

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### **Living Well Programs:**

#### Living Well for Better Health

This six-week workshop was designed for anyone living with a chronic health condition. Participants learn how to make action plans, read food labels, deal with difficult emotions, and communicate with healthcare providers. 2.5 hours a week for 6 weeks.

#### Living Well with Chronic Pain

This six-week workshop is for anyone experiencing chronic pain that has lasted longer than 3-6 months. Participants learn how to use their mind, manage symptoms, improve communication, and become more active. 2.5 hours a week for 6 weeks.

#### Living Well with Diabetes

This six-week workshop helps people with type 2 diabetes learn a variety of day-to-day self-management skills like monitoring blood sugar, healthy eating, exercise, foot care etc. 2.5 hours a week for 6 weeks.

### **Better Health Classes:**

Includes Better Health Now, Better Health Now with Pain, and Better Health Now with Diabetes. These six-week workshops are shortened versions of the Living Well workshops that are taught in groups of 4 or 1:1 over the phone. Cannot be done in-person or via Zoom.

#### Better Health Now with Diabetes

Better Health Now with Diabetes is a free, at-home class for those who have type 2 diabetes or have been diagnosed as pre-diabetic. Participants must pre-register to receive their toolkit workshop materials and work with a trained leader via telephone either one-on-one or in small groups. Topics covered include healthy eating, monitoring blood glucose, foot care, exercising, etc.

#### Better Health Now with Pain

Better Health Now with Pain is a free, at-home class for those managing pain that has lasted longer than 3-6 months. Topics covered include: using your mind to manage symptoms, healthy eating, pacing and planning physical activity, communicating with family and health care providers, etc. Participants must pre-register to receive their toolkit workshop materials and work with a trained leader via telephone either one-on-one or in small groups.

#### Better Health Now

Better Health Now is a free, at-home class for those managing one or more chronic conditions, such as asthma, heart disease, cancer, diabetes, high blood pressure, COPD, etc. Topics covered include physical activity, exercise, healthy eating, action planning, making decisions, communication skills, working with your healthcare provider, etc.

Participants must pre-register to receive their toolkit workshop materials and work with a trained leader via telephone either one-on-one or in small groups.

### **Falls Prevention Programs:**

#### **Tai Chi for Health and Balance**

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better. Meets twice a week for 10 weeks. Price: \$20.

#### **A Matter of Balance**

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Twice a week for 2 hours. Lasts 4 weeks.

### **Caregiving Classes:**

#### **Savvy Caregiver**

The Savvy Caregiver Workshop is a six-session training series for informal caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as a person would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their care recipients throughout the progression of Alzheimer's or dementia. Meets once a week for six weeks for two hours.

## **EDUCATIONAL MOMENT!**

### **Who Cares for the Caregivers? Tips for Caregivers During the Holidays**

For some family caregivers, the holidays can be a joyful time when spirits are lighter. It feels good to care for loved ones and enjoy time together, celebrating with family traditions. But for many the holidays also bring added stress — an already busy caregiver finds there's even more to do during the holidays. Something's gotta give! It's OK to give yourself a bit of a break this year. Here are some tips to help you make it through the holiday season with more joy and less stress.

#### **Focus on what is most meaningful**

As much as we'd like to create the perfect holiday experience, remember that perfection is not the goal of the holidays — meaning and joy are. There are many factors we can't control when it comes to our loved ones' health and abilities, so adjust your view of a successful holiday. Talk about prioritizing the holiday activities that hold the deepest meaning. Focus on what feels necessary to produce a holiday feeling and create good memories.

#### **Simplify your holiday activities**

If going all out for the holidays will push you over the edge this year, remember that it doesn't have to be all or nothing. If you can't put out all of your decorations, choose a few items that are most significant. You might ask a friend to decorate, or pay someone to do so; you can always rearrange decorations once they are out. If going to all religious services feels like too much, choose one service that means the most. If sending greeting cards is too time-consuming, try sending e-greetings. Many family caregivers also adjust the location of celebrations or postpone holiday travel to accommodate loved ones in their care.

#### **Start new traditions**

Instead of focusing on losses and what you and/or your loved ones aren't able to do this year, try doing something new. If your care recipient has trouble getting around, drive through a holiday light display or watch a holiday concert on TV. If you can't make it to a holiday gathering, have a video chat. Are your loved ones unable to participate in decorating this year? Invite a friend over to help, with your loved ones nearby to watch and cheer you on. Start a home holiday movie night tradition — or watch old home movies so everyone can participate.

#### **Approach gift-giving more efficiently**

Gift-giving is a part of many traditions, but it can be costly and time-consuming. Try shopping online (many online stores will also gift-wrap). You might ask a friend or relative to do your shopping and wrapping for you. You can always fall back on gift cards, too. Family caregivers are often financially stressed, so it might be necessary to lower your gift-giving budget this year and scale back the number of presents. Try giving the gift of time or

attention, like scheduling outings or helping with a project. If your family is large, draw names and exchange with just one person. Have a regifting exchange, sharing items you already have. Order a photo gift — like a photo mug, pillow or calendar — or write a meaningful letter that can be enjoyed throughout the year.

#### **Anticipate holiday hot buttons**

Are there holiday activities or toxic relatives that trigger stress or unhappy memories? Perhaps feelings of grief or loss overcome you at certain times of the day. Do unhelpful relatives arrive for the holidays and criticize your caregiving? Maybe old family issues inevitably flare up at gatherings. It may be best to limit your exposure to - or even avoid - certain places, events, conversations or people. If you can't do that, prepare yourself. Minimize the drama; don't try to resolve problems over the holidays. Instead, try short encounters and develop quick exit strategies. Mentally put yourself in a protective bubble, letting negative energy bounce off without hurting, annoying or distressing you.

#### **Connect with other caregivers**

Other caregivers are feeling many of the same emotions you are, even when others don't understand. Connect to share your feelings and get tips for holiday survival. If it's difficult to get to a caregiver support group due to holiday business or weather, try online message boards or social media groups. - *Courtesy of AARP*

For more information call (207) 653-6513 or email [gnelson@seniorsplus.org](mailto:gnelson@seniorsplus.org)

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We look forward to hearing from you!

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