Opening Minds through Art (OMA)

www.ScrippsOMA.org

OVERVIEW:
Opening Minds through Art (OMA) is an intergenerational art-making program for people living with dementia, developed by the Scripps Gerontology Center, Miami University, (Oxford, Ohio.) OMA provides people living with dementia with an opportunity to express their creativity. In OMA, people with dementia are paired on a weekly basis with volunteers who are trained to support their creative expression. The pairs meet in a small group setting to create art. OMA’s mission is to “build bridges across age and cognitive barriers through art.” OMA is evidence-based and has received several best practice awards. Since its start in 2007, more than 200 communities have partnered with neighboring high schools and universities to do the OMA program.

BENEFITS:
People living with dementia participating in OMA:
1. more expressions of pleasure and creativity
2. opportunity to develop close relationships with volunteers
3. better overall well-being.

Volunteers participating in OMA will have the opportunity to:
1. develop close relationships with people living with dementia and other volunteers
2. learn how to communicate and facilitate the creative process of people who are living with dementia.

CONTACT:
To enroll a loved one as an artist, or to volunteer, please contact SeniorsPlus, Community Education:
207-795-4010 or toll free at 1-800-427-1241
edcenter@seniorsplus.org

OMA is supported, by grant number 90ADP10036-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions.
CAREGIVER GROUPS & RESOURCES

Good Grief

Date and Time: Tuesday, December 6th from 10:30 AM – Noon (every 1st Tuesday)
Facilitator: Beacon Hospice
Location: Education Center, 8 Falcon Rd, Lewiston

SeniorsPlus is pleased to partner with Beacon Hospice in providing a Bereavement Support Group. To be held in-person, this once-a-month group meeting will provide a safe place for those that want to connect with others who understand what they are going through. And who are looking for ways to find meaning and purpose in life without the presence of their loved one. At these meetings, grievers will receive support, understanding, and compassion. Grievers will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers and receive support that can help with the grieving process. We will provide a safe place for everyone, in every stage of grief. A grief support group is not a substitute for professional care for depression.

Kinship Support Group

Wilton
Date and Time: Thursday, December 15th from 6:00 PM -7:30 PM (every third Thursday)
Facilitator: Cyndi Dolloff
Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program. NO childcare is provided at this time. This meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator and Resource Parent. RSVP by calling Brigid at 207-827-2331 or email brigid@affm.net

Caregiver Support Groups

Lewiston:
Date and Time: Monday, December 12th from 5:30-7:00 PM (every second Monday)
Facilitator: Dana Morrell
Location: SeniorsPlus at 8 Falcon Rd, Lewiston

Norway:
Date and Time: Thursday, December 29th from 2:30-4:00 PM
Facilitator: Valerie Cole
Location: SeniorsPlus Norway office at 9 Marston Street, Norway

Wilton:
Date and Time: Thursday, December 1st from 3:00-4:15 PM (every first Thursday)
Facilitator: Janice Sabin
Location: SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

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. The group will meet in person on location.

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.

## GROUPS & EXERCISE

### Online Games – Finding & Playing Good Games for 55+

**Dates:** Tuesday December 6th  
**Time:** 3:00-4:00PM  
**Facilitator:** National Digital Equity Center  
**Location:** Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME  
**Cost:** Free

Research has found that playing games online has benefits for mental health, such as improving memory, enhancing cognitive skills and helping focus. In this class we will visit several great sites with a wide variety of fun games.

Requirements for this class:  
No devices are required; just bring yourself.

To register, please call us at 207-795-4010 or go to https://digitalequitycenter.org/classes/class_location/seniors-plus/

### Understanding the Internet

**Dates:** Friday December 16th  
**Time:** 4:00-5:00PM  
**Facilitator:** National Digital Equity Center  
**Location:** Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME  
**Cost:** Free

The internet has become such a large part of our daily lives that having a basic understanding of its origins is essential. This course introduces the origins of the internet, how it works and what you can do on the internet.

Requirements for this class:  
No devices are required; just bring yourself.

To register, please call us at 207-795-4010 or go to https://digitalequitycenter.org/classes/class_location/seniors-plus/

### Knitting Group

**Dates:** (Ongoing) Wednesdays, December 7th, 14th, 21st, and 28th  
**Time:** 4:30-7:30PM  
**Facilitator:** 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!

### Strength & Balance

**Dates and Times:** Ongoing  
Mondays 11:00-11:45 AM  
Wednesdays 11:00-11:45 AM
Fridays 10:15-11:00 AM

**No Class on December 2nd, 5th, and 26th.**

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

**Instructor:** Linn Morin, Certified Trainer

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 in-person and masks are required.

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

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### Chair Yoga In-Person & Zoom

**Dates and Time:** Ongoing
- Tuesdays 9:00-10:00 AM
- Fridays 9:00-10:00 AM

**No class December 23rd.**

**Instructor:** Mary Bishop, RYT

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

**Cost:** $5 per class. Payments are 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 is 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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### REMOTE SITE OFFERINGS

#### Wilton

**Save the date! BYO Craft and Chat**

**Date and Time:** Thursday, January 19th, 2023 from 10AM to noon

**Facilitator:** SeniorsPlus Staff

**Location:** SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton, ME

Bring your own knitting, crocheting, needle point, painting, anything you enjoy! Come relax and socialize while working on your project.

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#### Norway

**Game Day**

**Dates & Time:** Tuesday December 20th from 1PM to 3PM (every third Tuesday)

**Instructor:** SeniorsPlus Staff
We have lots of games! Let's play cribbage, checkers, trivia, or just cards. How about a jigsaw puzzle? Staff will be there to network and talk about all our programs while we play games! Been feeling cooped up and need some socialization? Please come join us!

**ONLINE GROUPS & OFFERINGS**

**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.

**Cyber-Senior Mentors - A Tech Resource**

Date & time: At your convenience  
Presenter: 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.

**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.
Medicare Made Simple

Date & time: At your convenience  
Presenter: 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.

AT&T - Cyber Aware Webinar

Date & time: At your convenience  
Presenter: 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.

To register for our Education Center offerings, please email us at edcenter@seniorsplus.org or call SeniorsPlus at 207-795-4010.

If you'd like to learn more or register for Healthy Living for ME (HL4ME) workshops, please visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org to get started today!

We look forward to hearing from you!