

# SeniorsPlus EDUCATION CENTER

**FEBRUARY 2019  
CLASSES**

## **Heart Health for Everyone**

**Date:** Friday, February 1

**Time:** 2–4 p.m.

**Instructor:** Dr. Andrew Eisenhauer,  
Medical Director at  
Central Maine Heart and  
Vascular Institute

Discuss trends in heart health, the latest innovative treatments in heart and vascular care, warning signs of problems, and tips for keeping heart-healthy year round. There will be plenty of time for questions.

## **Millennials and Generation Z**

**Date:** Tuesday, February 5

**Time:** 9:30–11 a.m.

**Instructor:** Mary Joan Kozicki  
LaFontaine, Regional Director,  
Southern CareerCenters

In this workshop, we will talk about our newest generations: Communication, work, interests, the future. We will explore ways to understand, learn, and communicate more effectively.

## **Living Well with Diabetes**

**Dates:** Tuesdays, February 5–  
March 19 (no class 2/19)

**Time:** 4–6:30 p.m.

**Instructors:** Kerry Faria and  
Maija Dyke, SeniorsPlus  
**Location:** Lewiston Adult Ed

This six-week workshop series helps participants manage their type 2 diabetes and symptoms. Participants have reported less pain, more energy, and fewer hospitalizations. We will give you tools and tips to manage your diabetes, live a healthier life, and take back control. To register, call SeniorsPlus at 795-4010 or Lewiston Adult Education at 795-4141.

## **Ibis Program Info Session**

**Date:** Wednesday, February 6

**Time:** 1–4 p.m.

**Instructor:** Brenton Stoddart,  
Ibis Care Navigator

The Ibis Program will be here at SeniorsPlus the first Wednesday of each month demonstrating their new and easy-to-use technology designed to help

Classes are held at  
8 Falcon Road,  
Lewiston, Maine 04240,  
unless noted.

people with chronic illness take the best care of themselves in their home. The program has shown to reduce hospitalizations, reduce caregiver fatigue, increase coordination amongst physicians, and enhance quality of life. The Ibis Program is almost completely paid for by Medicare.

## **Paint & Take**

**Date:** Tuesday, February 12

**Time:** 9 a.m.–noon

**Instructor:** Yvonne Allen

**Cost for materials:** \$15

Paint your own 11x14 stretch canvas. The painting will be a beautiful scene through a window. **Limit 20.**

## **Heart-Healthy Eating**

**Date:** Tuesday, February 12

**Time:** 1–3 p.m.

**Instructors:** SeniorsPlus  
Nutrition Team

With February being American Heart Month, what better way to celebrate than joining the SeniorsPlus Nutrition Team to learn heart-healthy cooking and eating! Learn simple dietary ways to manage overall heart health.

Classes are free, unless noted.  
We are fully accessible.  
Hearing Assistive Equipment  
is available upon request.

## 5 Wishes

**Date:** Thursday, February 14

**Time:** 10–11 a.m.

**Instructor:** Angela Moore,  
Beacon Hospice

Five Wishes is the most popular advanced directive in the United States. It meets the legal requirements for Maine. The document is easy to understand. All you need to do is check the box, circle the direction, or write a few sentences to make your needs known. By taking the time to make your decisions known, you are living free of the three most common fears associated with end of life: pain, being alone, and being a burden to your loved ones.

## Medicare Made Simple

**Date:** Friday, February 15

**Time:** 3–5 p.m.

**Instructor:** Kerry Faria, SeniorsPlus

Learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices.

## Maine Author Series: Titcomb Mountain

**Date:** Tuesday, February 19

**Time:** 10–11:30 a.m.

**Instructor:** Megan Robert, author

The new book “Titcomb, a Mountain of Ski Memories” highlights Robert’s love of Maine and skiing. It includes stories from “the friendliest mountain around,” depicting the 80-year history of the Farmington Ski Club’s ownership of the mountain. Roberts will discuss the history of Titcomb, share excerpts from her book,

the publishing process, and how participants can preserve their own history. Signed copies of the book will be available for \$37.

## Legal Planning for Seniors

**Date:** Tuesday, February 19

**Time:** 1–2:30 p.m.

**Instructors:** Meg Greene, Esq.  
and Kenleigh Nicoletta, Esq.,  
Brann Law

Learn about financial powers of attorney, advance directives for health care, and planning for the disposition of property after death. Everyone, regardless of age or health, should have a power of attorney and advance directive, but one size does not fit all. In addition, planning for the transfer of property on death involves more than just signing a will. Careful planning may also allow you to avoid probate, minimizing costs and delays for your heirs.

## Game Day at SeniorsPlus

**Date:** Wednesday, February 20

**Time:** 1–4 p.m.

All are welcome for an afternoon full of fun, socialization, and popcorn! Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards.

## 1-800-HELP-ME-TIM:

### Windows 10 for Beginners

**Date:** Thursday, February 21

**Time:** 10 a.m.–noon

**Instructor:** Tim Verrill, SeniorsPlus

Windows 10 can get confusing, even if you’re familiar. Learn simple steps so you can understand and use it better.

**Limit 20.**

## ‘Big Sonia’: Film and discussion

**Date:** Tuesday, February 26

**Time:** 1–4 p.m.

**Presenter:** Barbara Merson,  
Executive Director, Maine  
Jewish Film Festival

“Big Sonia” is a film about Sonia Warshawski, a diminutive Holocaust survivor who motivates people to take action and make a difference. Directed by Sonia’s granddaughter, the film is a portrait of an incredible, tough nonagenarian and a reflection on how a difficult past can be transformed into a positive present and future. Attendees will be entered into a raffle to win two free passes to a Maine Jewish Film Festival program at Bates College on March 10.

## Fraud & Scams

**Date:** Wednesday, February 27

**Time:** 9–10:30 a.m.

**Instructor:** Valerie Cole,  
SeniorsPlus

What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where to report things so others don’t become the next victim.

## Crafting with Corinne

**Date:** Wednesday, February 27

**Time:** 2–3:30 p.m.

**Instructor:** Corinne Saindon

**Cost for materials:** \$5

Are you having trouble finding the right card for your situation? Not sure what to give as a gift? Create a wonderful all-occasion card and gift card holder. **Limit 10.**

## ONGOING FITNESS

*Some insurance companies offer reimbursement for these classes. You must call your insurance company to find out if they do.*

### Total Strength and Balance

**Day/time:** Mondays, 11:15 a.m.–noon OR 12:15–1 p.m.

**Day/time:** Wednesdays, 11:30 a.m.–12:15 p.m.

**Day/time:** Fridays, 11:30 a.m.–12:10 p.m. OR 12:30–1:10 p.m.

**Instructor:** Linn Morin, Certified Trainer

**Cost:** \$5 for drop-in, \$15 for 6 classes, \$25 for 12 classes. One month passes are nonrefundable.

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

### Gentle Chair Yoga

**Dates:** Mondays, January 7–March 11 (**Session is full**)

**Time:** 9–10 a.m.

**Instructor:** Tisha Bremmer

**Cost:** \$40 for 8 weeks

Designed to increase vitality, gain a deeper sense of balance, and find your inner calm. Combines meditation, easy warm-ups, light stretches, and gentle yoga postures.

### Chair Yoga

**Dates:** Fridays, February 1–March 22

**Time:** 9–10 a.m.

**Instructor:** Mary Bishop

**Cost:** \$8 drop-ins or \$40 for 8 weeks

Due to participant request, we have added a Friday yoga class back to our schedule. Join Mary in this class that is designed to help with ease of movement

and breath; finding stability and strength through yoga poses with variations for every ability.

## ONGOING GROUPS

### Coffee & Comfort

**Date:** Monday, February 4

**Time:** 3–4 p.m.

The winter months can be hard in Maine, and for those who have experienced loss it may be magnified. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive grief support. This group meets on the first Monday of each month and is facilitated by Beacon Hospice. Please call to register so we have coffee and light refreshments to go around.

### Knitting Group

**Date:** Wednesdays

**Time:** 5–7:30 p.m.

Work on your own project or learn how to knit – bring yarn and knitting needles.

### Vision Support Group

**Date:** Monday, February 11

**Time:** 2:30–4 p.m.

This is a peer-facilitated support group for the legally blind and vision impaired to share how this disability affects their daily lives. A safe place to meet and share thoughts and encouragement. Developing a good support system offers empowerment and confidence. Family and friends are welcomed. Typically meets on the third Monday of each month. **Will meet on Feb. 11 due to President's Day on Feb. 18.**

### Caregiver Support Group

**Date:** Monday, February 11

**Time:** 5:30–7 p.m.

Occurs on the second Monday of each month. Offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff/volunteers.

### Book Club

**Date:** Wednesday, February 13

**Time:** 2–4 p.m.

This peer-facilitated club meets on the second Wednesday of each month. The book to be read for this month's group is "Gulliver's Travels" by Jonathan Swift. "Gulliver's Travels" recounts the story of Lemuel Gulliver, a practical-minded Englishman trained as a surgeon who takes to the seas when his business fails. This is the same book as January due to a storm cancellation.

**See our Facebook page:**  
[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

Classes are free, unless noted.  
We are fully accessible.  
Hearing Assistive Equipment is available upon request.

Classes are held at  
8 Falcon Road,  
Lewiston, Maine 04240,  
unless noted.

To register, call 795-4010 or 1-800-427-1241.

## Chronic Pain Support Group

**Date:** Monday, February 25  
**Time:** 2–4 p.m.

This peer-facilitated group was formed by participants of the Living Well with Chronic Pain workshop. This group meets on the fourth Monday of each month. This is for people who have chronic pain.

## Caregiver Support Group

**Date:** Thursday, February 28  
**Time:** 8:30–10 a.m.  
**Instructors:** Albert L'Etoile and Pam Smith, Woodlands Memory Care of Lewiston

By participant request, we have added a second caregiver support group to our monthly calendar. The second support group will occur on the last Thursday of each month. This group offers a safe place for caregivers, family, and friends of persons with dementia to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by Woodlands Memory Care of Lewiston staff.

## FRANKLIN & OXFORD COUNTIES

### Caregiver Support Group

**Date:** Monday, February 4  
**Time:** 3–4:30 p.m.  
**Location:** SeniorsPlus Farmington, 218 Fairbanks Road

Offers a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation in a support group can be an empowering experience, helping members feel better prepared to cope with their unique situation. This group is facilitated by SeniorsPlus staff.

### Fraud & Scams

**Date:** Thursday, February 14  
**Time:** 10–11:30 a.m.  
**Instructor:** Valerie Cole, SeniorsPlus  
**Location:** SeniorsPlus Norway, 9 Marston Street

This workshop will give you the information needed to determine what is real and what is a scam. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where to report things so others don't become the next victim.

## Living Well with Diabetes

**Dates:** Tuesdays, February 26–April 2  
**Time:** 1:30–4 p.m.  
**Instructors:** SeniorsPlus staff/volunteers

**Location:** Greenwood Town Office Conference Room, 593 Gore Road, Greenwood

This six-week workshop series is focused on helping participants manage their type 2 diabetes and symptoms. The workshop is facilitated by trained community members, many of whom have diabetes themselves. Participants have reported less pain, more energy, and fewer hospitalizations. We will be giving you tools and tips you need to manage your diabetes, live a healthier life, and take back control. To register, please call SeniorsPlus at 795-4010 or MSAD 44 Adult & Community Education at 824-2136.

## Living Well with Diabetes

**Dates:** Tuesdays, March 5–April 9  
**Time:** 3:30–6 p.m.  
**Instructors:** SeniorsPlus staff  
**Location:** Franklin Adult Education Conference Room, 129 Seamon Road, Suite A, Farmington

Learn real-life skills for living a full, healthy life with diabetes. This six-week workshop will help provide you with strategies you need to enjoy life to its fullest.

### About SeniorsPlus and our Education Center

Our mission is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity, and quality of life of those we serve.

*Educational programs like these are made possible by contributions from people like you.*

Classes are free, unless noted. We are fully accessible. Hearing Assistive Equipment is available upon request.

To register, call 795-4010 or 1-800-427-1241.