



Education Center Schedule

July 2022

The World at Your Fingertips - Connect with Nature Apps

~ from our friends at the Maine Department of Agriculture, Conservation and Forestry ~

Technology is amazing especially when it serves to connect us to all the wonderful creatures that share this planet with us and increases our understanding of the world we live in. The free apps I recommend below are not meant to be a substitute for immersing yourself directly in nature, but as tools to help you explore, learn and understand your connectedness to all life on Earth and to the universe as well.

- **Merlin Bird ID by the Cornell Lab**

With this app you can easily ID birds using the characteristics you observe or by recording the bird's call. Your ID will call up in-app photos, species information and recordings. This app is by the Cornell Lab who hosts the [All About Birds website](#).

- **Seek by iNaturalist**

With this app you can use your phone's camera or photo library to identify a plant or animal. You can also track your observations over time, earn badges for your identification, and participate in challenges. This app is by [iNaturalist](#), a joint initiative of the California Academy of Sciences and the National Geographic Society.

- **Rockd by the University of Wisconsin-Madison**

This app provides geologic information based on your location. You can upload your observations and photos, and compare them to others made at the location. This app was created by the [University of Wisconsin-Madison](#).

- **Night Sky**

With this app you just point your phone at the sky, day or night, to identify stars, constellations, satellites, and the path of the ISS. It is great to use paired with binoculars or a telescope. The app may be set to provide alerts to future astronomical events. You may also want to try out Sky View and Sky Guide.

If you are looking to join others on nature discoveries take a look at our program listings with this [interactive online event calendar](#). They include night hikes and night sky explorations, bird watching, plant walks, and more. Wishing you wonderful adventures and happy exploring!

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

Walk-In Technology Clinic

Dates & Times: Tuesday, July 19th from 10:00 AM -12:00 PM

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!

ONLINE CLASSES

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.

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.

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.

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.

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.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups - *New at all 3 locations*

Lewiston:

Dates & Times: Monday, July 11 from 5:30-7:00 PM (every second Monday)

Instructor: Dana Morrell

Location: Lewiston office at 8 Falcon Rd, Lewiston

Norway:

Date and Time: Thursday, July 28 from 2:30-4:00 PM (every fourth Thursday)

Group Leaders: Valerie Cole

Location: SeniorsPlus Norway office at 9 Marston Street, Norway

Wilton:

Date and Time: Thursday, July 7 from 3:00-4:15 (every first Thursday)

Instructor: 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.

OTHER GROUPS AND EXERCISE

Bereavement Support Group - *on summer break*

Date and Time: Every second Thursday from 3:00-4:30 PM

Group Leaders: Linda M. Snyder, M.S., President/CEO of Heritage Health Services, and Gus Nelson, M.S.

Location: Education Center, 8 Falcon Road, and Zoom simultaneously

SeniorsPlus is pleased to support a Bereavement Support Group. To be held in-person and virtual, 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, grievors will receive support, understanding, and compassion. Grievors 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. A grief support group is not a substitute for professional care for depression.

SeniorsPlus Book Club

Date & Time: Wednesday, July 13 from 2:00-3:00 PM

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, July 13. We will be reading *Daughter of a Daughter of a Queen* by Sarah Bird. Read and bring your copy for a guided discussion.

Knitting Group

Dates: Wednesdays (Ongoing) July 6, 13, 20 & 27

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!

Strength & Balance - *Now at the Ed Center in Lewiston*

Dates & Times:

Monday 11:00-11:45 AM

Wednesday 11:00-11:45 AM

Friday 10:15-11:00

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

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 in-person and masks are required.

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

Friday Chair Yoga In-Person & Zoom

Dates: Fridays (ongoing) July 8, 15, 22 & 29

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 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.

Tuesday Chair Yoga In-Person & Zoom

Dates: Tuesdays (ongoing) July 12, 19 & 26

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 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.

NORWAY AND OXFORD COUNTY CLASSES

Virtual Mat and Chair Yoga

Dates & Time: Thursdays (Ongoing) July 7, 14, 21 & 28

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.

Walk-In Technology Clinic at the Norway Office

Dates & Times: Thursday, July 21 from 10:00 AM to 12:00 PM

Instructor: SeniorsPlus Staff

Location: Norway Office, 9 Marston Street Norway, 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!

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!



HL4ME Workshops

Did you know that Healthy Living for ME's evidence-based workshops are now all being offered virtually and in person? Anyone 18 years and older can register online or over-the-phone from anywhere in the state! For those that would prefer to stay home, we have plenty of online workshops held via Zoom that require a device with a microphone and speaker. No device or internet? No problem! We also offer over-the-phone workshops statewide! Most workshops are FREE and include workshop materials that are mailed to participants prior to the start of the workshop.

Here are some Summer workshops:

Living Well for Better Health
Tuesdays, July 12th-August 16th
9-11:30a.m.
Via Zoom

Bingocize
Tuesdays/Thursdays, August 9th-October 13th
10-11:00a.m.
The Education Center at SeniorsPlus

Living Well with Diabetes
Thursdays, August 11th-September 15th
1-3:30p.m.
Via Zoom

To register, call Katherine at 207-440-2390 or visit www.healthylivingforme.org
to view all of our upcoming workshops!

EDUCATIONAL MOMENT!

Seniors and Health Literacy

Health literacy is an important tool to help seniors remain healthy and independent. Yet only about 3% of people over age 65 have proficient health literacy, while 60% suffer from low health literacy (National Assessment of Adult Literacy 2003).

In addition, age-related decline in hearing, vision, and memory, can further impact seniors' health literacy. Despite these challenges, there are many effective ways for physicians and service providers to work with seniors to improve health literacy.

Ensure Seniors can Hear and See: Reduce background noise by closing the door, turning off loud machines, asking people speaking in the hallways to lower their voices, etc. Make sure the room is well lit, and that the light does not shine in the patient's eyes.

Make Hand-outs Senior Friendly: Use easy-to-read hand-outs with large type, lots of white space, and high contrast.

Speak to be Heard: Speak clearly and loudly, look at the patient, and do not cover your mouth while speaking (i.e. not behind a clipboard or tablet). As hearing diminishes, we need to "hear" with our eyes so your mouth should always be visible.

Ensure Seniors are Comfortable: Make sure s/he is warm enough, the surface s/he is sitting or lying on is soft enough, etc. Discomfort can be distracting, and can contribute to problems remembering or understanding instructions.

Ensure Understanding: Use the teach-back method and repeat important points, again and again. This is particularly important for instructions!

Help Seniors Remember: Encourage him/her to take notes, or write down important points for them, tell them they can record the visit on their phone or on another device. Say Ah! provides a range of dynamic health literacy services for seniors and the professionals and organizations that care for them. -<http://say-ah.org/>

To register for our Online 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 our 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!

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