

Education Center Online

May 2021

Education Center Friends,

We hope that you and yours are well and enjoying the warmer weather!

We continue to strive to provide a welcoming online space for you to come, socialize, laugh, and learn together. To hear from you on your needs and preferences, we'll continue to email you our online post-program surveys after the class or program ends. We appreciate any and all feedback you can provide us.

If you're having trouble navigating how to join our online offerings, have questions or comments, please reach out to see how we can support you. Contact us at edcenter@seniorsplus.org or by phone at 207-795-4010.

We will continue to host virtual offerings until it is safe to reopen our physical Education Center. Once we have a reopen plan in place, we will make a public announcement.

Until then, we hope to "see" you soon!

The SeniorsPlus Education Center Team

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

SeniorsPlus is very fortunate to work with so many organizations and businesses. We welcome and encourage their expertise on a range of topics that benefit our clients. However, SeniorsPlus does not endorse any individual or specific organization/business.

ONLINE CLASSES

Legal Services for the Elderly: An Overview

Date: Wednesday, May 12

Time: 11:00-11:45AM

Presenter: Andrew Milne, LSE Staff Attorney

Location: Zoom

Join Andrew on Zoom to learn all about Legal Services for the Elderly, their services, Helpline, and how they are still here for our community through COVID-19. Learn what they can help you with and who to call for areas outside their specialty, such as estate planning. Andrew will also provide a brief update on courts, evictions, and foreclosures during the pandemic. Since the process has been changing rapidly and is confusing, the information may help orient you to the change.

Legal Planning for Aging Adults

Date: Monday, May 17

Time: 10:00-11:30AM

Presenters: Martha ("Meg") Greene and Will Townshend are estate planning attorneys at Brann & Isaacson in Lewiston. Meg has specialized in estate planning, trust administration and probate for 36 years. Will Townshend recently joined Brann & Isaacson after practicing estate planning in Connecticut, before which he clerked for the U.S. Tax Court.

Location: Zoom

Planning for Incapacity: Planning for incapacity is important. Many individuals are living longer than their parents, elder abuse is increasingly common, and Maine has new laws concerning guardianships for disabled family members. It is critical that everyone plan for incapacity by having a durable power of attorney for financial affairs and an advance directive for health care. There are times when a guardianship, or another form of supported decision-making arrangement, may be appropriate due to family issues or the scope of the need for third party supports. Will and Meg will discuss all legal strategies to plan for incapacity for one's self and for family members. Audience participation is encouraged.

Planning to transfer assets on death: Everyone should have a Will when they die. Even so, there are a number of new planning techniques available under Maine law that permit a person to transfer assets on death without a Will, most likely at less expense to a family. There are also a number of strategies for avoiding probate, if that is an objective. Will and Meg will discuss all available strategies, including how each participant can make sure their legal affairs are tied up before death. Audience participation is encouraged.

Zoom 101: Using Video Technology to Stay Connected

Date: Monday, May 24

Time: 10:00-11:00AM

Instructor: SeniorsPlus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on 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.

Writing Your Life Story is Back!

Date: Thursdays, May 20 through June 24 (once weekly for 6-weeks)

Time: 10:00-12:00PM

Instructor: Connie Jones, Surprised by Aging

Location: Zoom

We've all got stories! Wouldn't it be great if we wrote them down – for ourselves and our families and friends? This informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all! Class limited to 8 people.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: To be determined

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Join Corinne to create two male theme birthday cards. All supplies provided except adhesive.

Medicare Made Simple

Date & time: At your convenience

Instructor: SeniorsPlus Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to 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. 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

Instructor: AT&T Staff

Location: Online video

Reach out to receive this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is perfect for people who are interested in learning statistics, how to recognize scams, and what to do to protect yourself while online.

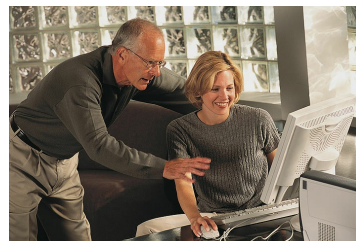
Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

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 reach out to us for their information. 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

Reach out to us if you need assistance accessing AARP's Safe Driving course. Due to the pandemic, they are offering the program online only at this time. It is a 4-hour class online that once you register you'll have access to log in any day and time to complete it within 60 days of payment.

Year 2 (July 1, 2020 - June 30, 2021) This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP330800200, Geriatrics Workforce Enhancement Program, Year Two-total award amount \$754,907.00. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, May 10 from 5:30-7:30PM

Thursday, May 27 from 8:00-10:00AM

Location: Zoom or Telephonic

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 over the phone vs in-person.

CARES Dementia Family Training

CARES® for Families was developed specifically for those caring for a loved one living at home. It includes many practical strategies, tips, and the 5-step CARES® Approach.

This award-winning training and certification program was developed for family members or friends caring for a loved one with memory loss or dementia. Like other CARES® products, this program centers around the CARES® approach and offers many practical and invaluable strategies to common caregiving situations.

"CARES" stands for:

C - Connect with the Person

A - Assess Behavior

R - Respond Appropriately

E - Evaluate What Works

S - Share with Others

To receive CARES® Dementia Care for Families™ at no cost, follow the below steps:

1. Go to www.hcinteractive.com/login
2. Enter the Product Key: YXT64
3. Click Log In
4. Verify SeniorsPlus' information
5. Click Yes to the question "Is the above information correct?"
6. Click +New User (after your initial login, you will need to click Existing User for all future logins)

Opportunity includes 4 hours, 4 modules

Compliments of SeniorsPlus

Promotion expiration date: September 25, 2021

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? 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 & EXERCISE

Coffee & Comfort - Bereavement Support Group

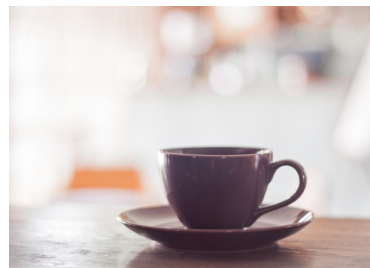
Date: Monday, May 3

Time: 3:00-4:30PM

Instructor: Beacon Hospice Staff

Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.



Grieving Between the Lines - Book Club

Facilitator: Androscoggin Home Healthcare + Hospice Staff

Location: Zoom or Telephone

We are excited to partner with experts at Androscoggin Home Healthcare + Hospice to host a new and exciting group! This book club will focus around bereavement and grief support.

We are working on our next group's dates and times. If you're interested in joining this group please reach out to us so we can get you on our list.

Virtual Knitting Group

Dates: Every other Wednesday - May 5 & 19

Time: 5:00-6:00PM

Group Lead: SeniorsPlus Staff

Location: Zoom

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

Total Strength & Balance

Dates & Times:

Mondays 11:15-12:00PM OR 12:15-1:00PM

Wednesdays 11:30-12:15PM

Fridays 11:30-12:10PM OR 12:30-1:10PM

Instructor: Linn Morin, Certified Trainer

Location 1: Facebook

Location 2: Seated classes at Lisbon Falls REC

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Light weights or soup cans, a basic bouncing ball and for 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.



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

Chair Yoga on Zoom

Date: Fridays

Time: 8:45-9:45AM

Instructor: Mary Bishop, RYT

Location: Zoom

Cost: \$5 per class starting May 1, 2021; payments will be exchanged directly with Mary

Must-haves: computer, laptop, or tablet; sturdy chair on non-slip surface

Join Mary for this Zoom class that 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.

HEALTHY LIVING FOR ME

Our 2021 HL4ME virtual workshops are open to registration! Workshops currently include

Below is a short list of upcoming workshops and their schedules. If you are interested in registering for one and don't see a day and time that work for you - reach out! We have other workshops scheduled throughout 2021 and would be happy to get you into a workshop that works best for you and your schedule.

Living Well with Diabetes through Zoom

Date: Thursdays, May 4 through June 8
Time: 9:00-11:30AM
Location: Zoom
Cost: FREE

This workshop is designed for people who are living with diabetes, are pre-diabetic, or supporting someone managing diabetes. The workshop offers strategies for dealing with its symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; meal planning; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants will receive all workshop materials in the mail prior to the start of the workshop.

Better Health Now with Pain Toolkit

Date: Thursdays, May 6 through June 10
Time: 9:00-10:00AM OR 11:00-12:00PM
Location: 1-1 Telephonic or Zoom
Cost: FREE

Better Health Now with Pain is a self-guided, evidence-based program. The program is designed to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and how to evaluate new treatments. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

Better Health Now with Diabetes Toolkit

Date: Tuesdays, May 11 through June 15
Time: 9:00-10:00AM, 11:00-12:00PM, OR 1:00-2:00PM
Location: 1-1 Telephonic or Zoom
Cost: FREE

Better Health Now with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating; appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the toolkit materials in the mail prior to starting the workshop.

Tai Chi for Health & Balance through Zoom

Date: Tuesday/Thursdays, July 27 through September 30

Time: 10:00-11:00PM

Location: Zoom

Cost: \$20.00

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

REGISTRATION

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 or email edcenter@seniorsplus.org to get started today!

We look forward to hearing from you!

EDUCATIONAL MOMENT!

National High Blood Pressure Education Month

May is National High Blood Pressure Education Month!

Did you know?

- High blood pressure increases your risk for heart disease and stroke. The good news is that there are steps you can take every day to keep your blood pressure in a healthy range. Start today by visiting the [CDC](https://www.cdc.gov).
- Regularly monitoring your blood pressure, with support from your health care team, can help lower your risk for heart disease and stroke. You can check your blood pressure at the doctor's office, at a pharmacy, or even at home! Learn more from [CDC](https://www.cdc.gov).
- Many people need to take medicine to help keep their blood pressure at healthy levels. Learn more about how these medicines work, their risks, and possible side effects [here](#).

