



Education Center Schedule

May 2022

Caregiver Services

Figuring out how to handle the care of a loved one can be overwhelming. Whether your role of caregiver is new or old, you may need new information to help you deal with ongoing changes. SeniorsPlus offers services and resources to caregivers such as those below. Reach out to us.

Music and Memory: Put the beats to work for care recipients with Alzheimer's or related dementia. Go to <https://musicandmemory.org/> for more information.

Savvy Caregiver Program: This in-person six-week session starts on May 14 and goes until June 18, meeting Saturdays from 9-11 AM. Led by SeniorsPlus staff, Savvy programs are designed to provide the most relevant dementia knowledge, skills, and mastery to support family members as they provide care for their relative or friend living with dementia.

Our monthly Caregiver Support Group: Join us on May 9 from 5:30-7:00 PM. Come in person or join us virtually via Zoom. 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.

We have more caregiver programs coming soon. We have so many programs, caregiving has its own quarterly newsletter. If caregiving is an important part of your life, join our newsletter which shares caregiver-specific resources and opportunities to those in need. We're happy to add you to our mailing list.

To register for any of the caregiver programs or any other SeniorsPlus program, email edcenter@seniorsplus.org or call 207-795-4010

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

NEW CLASSES

Safe Banking for Seniors presented by Norway Savings Bank

Date and Time: Two opportunities to attend: May 19 from 10:00-11:30 AM and 5:00-6:30 PM

Group Leaders: Norway Savings Bank staff

Location: First Congregational Church of South Paris, 17 E Main St, South Paris

Scammers are at work every day to trick you into giving away your hard-earned money. Older Americans are a prime target, but you don't have to become a victim! If you are interested in learning about how to recognize and avoid scams, please come to the Safe Banking for Seniors seminar, presented by Norway Savings Bank and SeniorsPlus. With the information given in this hour-long seminar, participants will be able to:

- Understand the nature of scams and recognize the warning signs
- Take appropriate action if they become the victim of fraud
- Build protective barriers against scams
- Appreciate the role that banks can play in helping them to avoid and deal with financial fraud and exploitation

There will be time for questions and answers, and you can meet and speak with local Norway Savings Bank and SeniorsPlus representatives. Light refreshments will be provided.

Walk-In Technology Clinic

Dates & Times: May 12 from 1:00-3:00 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

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 de vice 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.



AARP Safe Driving Course Information

Date & time: Thursday, May 19 from 12:00-4:00PM

Instructor: AARP Staff

Location: In-Person at the Education Center, 8 Falcon Rd, Lewiston, ME

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. Additionally, you'll learn:

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, airbags, anti-lock brakes, and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times: Monday, May 9 from 5:30-7:00 PM

Instructor: SeniorsPlus Staff

Location: Both in-person and 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

Bereavement Support Group

Date and Time: Thursday, May 12 from 3:00-4:30 PM. And 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, May 11, 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, May 11. We will be reading *The Second Life of Mirielle West* by Amanda Skenandore. Read and bring your copy for a guided discussion.

Knitting Group

Dates: Wednesdays (Ongoing) May 4, 11, 18 & 25

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!

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.



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

Friday Chair Yoga In-Person & Zoom

Dates: Fridays (ongoing) May 6, 13, 20 & 27

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.

Tuesday Chair Yoga In-Person & Zoom

Dates: Tuesdays (ongoing) May 3, 10, 17, 24 & 31

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

Game Day at Our Norway Office

Dates & Time: Wednesday, May 25, from 10:00-12:00 PM

Instructor: SeniorsPlus Staff

Location: Our Norway office at 9 Marston Street Norway, ME

We have lots of games! Let's play cribbage, checkers or chess. Or just cards. 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. Masks required.

Virtual Mat and Chair Yoga

Dates & Time: Thursdays (Ongoing) May 5, 12, 19 & 26 from 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.

Safe Banking for Seniors sponsored by Norway Savings Bank

Date: Thursday, May 19th

Times: Two separate sessions to choose from- 10:00-11:30 AM, 5:00-6:30 PM

Instructor: Norway Savings Bank staff

Location: First Congregational Church of South Paris, 17 E Main St, South Paris

Scammers are at work every day to trick you into giving away your hard-earned money. Older Americans are a prime target, but you don't have to become a victim! If you are interested in learning about how to recognize and avoid scams, please come to the Safe Banking for Seniors seminar, presented by Norway Savings Bank and SeniorsPlus. With the information given in this hour-long seminar, participants will be able to:

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- Appreciate the role that banks can play in helping them to avoid and deal with financial fraud and exploitation

There will be time for questions and answers, and you can meet and speak with local Norway Savings Bank and SeniorsPlus representatives. Light refreshments will be provided.

Walk-In Technology Clinic at the Norway Office

Dates & Times: Tuesday, May 31 from 9:00 - 11:00 AM

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 Spring workshops!

A Matter of Balance
Tuesdays/Thursdays, May 3rd- May 26th
Education Center at SeniorsPlus
10-12:00p.m.

Living Well with Chronic Pain
Tuesdays, May 10th - June 14th
Online via Zoom
1-3:30p.m.

And an overview of all our programs:

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.

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.

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.

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.

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 condition, 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.

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.

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

EDUCATIONAL MOMENT!

Age my way!

Older Americans Month 2022

Every May, ACL leads the nation's observance of Older Americans Month (OAM). In 2022,

ACL will be focusing on aging in place – how older adults can plan to stay in their homes and live independently in their communities for as long as possible. The 2022 theme is Age My Way, an opportunity for all of us to explore the many ways older adults can remain in and be involved with their communities. We're going to be discussing how planning, participation, accessibility, and making connections all play a role in aging in place – emphasizing that what each person needs and prefers is unique.

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That's why the theme for Older Americans Month (OAM) 2022 is Age My Way. Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year's theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose. While Age My Way will look different for each person, here are common things everyone can consider:

Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.

Engagement: Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.

Access: Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.

Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.

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!

SeniorsPlus | seniorsplus.org

