

SeniorsPlus EDUCATION CENTER

**NOVEMBER 2018
CLASSES**

Vitamins, Herbals, and Supplements

Date: Monday, October 29

Time: 2 – 3:30 p.m.

Instructor: Pharmacist
Elizabeth Clark, Walgreens

Learn about common vitamins and why they are important. When vitamins lack in a diet, a person can become vitamin deficient. Participants will also learn about the effectiveness and uses of herbal supplements, calcium, and probiotics, as well as safety using supplements with prescriptions and when people need to talk with their pharmacist or doctor.

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

Know the 10 Signs: Early Detection Matters

Date: Tuesday, October 30

Time: 1 – 2:30 p.m.

Instructor: Peter Baker, LCSW,
Alzheimer's Association

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

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

Ibis Program Information Session

Dates/Times:

Nov. 1, 9 a.m. – noon;

Nov. 7, 1 – 4 p.m.;

Nov. 8, 9 a.m. – noon;

Nov. 16, 2 – 4 p.m.;

Nov. 20, 9 a.m. – noon;

Nov. 27, 1 – 4 p.m.

Presenter: Brenton Stoddart,
Ibis Care Navigator

The Ibis Program will be demonstrating their new and easy-to-use technology designed to help people with chronic illness(es) 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 best part? The Ibis Program is almost completely paid for by Medicare! Refreshments will be served.

See our Facebook page:

www.facebook.com/seniorsplus

Being Mortal

Date: Thursday, November 1

Time: 1:30 – 3 p.m.

Instructor: Angela Moore,
Beacon Hospice

Please join Beacon Hospice in a special viewing of the groundbreaking PBS special, "Being Mortal." Based on the best-selling book by Atul Gawande, MD, "Being Mortal" explores the implications of coming to terms with your own mortality. Attendees will learn ways to approach these challenging conversations with loved ones and will be provided with resources to help develop their own wishes for end-of-life care. It is a must-see for everyone if you are a patient, caregiver, or loved one.

Medicare 101

Date: Friday, November 2

Time: 2 – 3:30 p.m.

Instructor: Melissa McCarthy,
UNE graduate student

Open enrollment is October 15 to December 7, 2018. Get the basics of Medicare in this introductory course. This presentation will be perfect for people new to Medicare or for anyone looking to brush up on their knowledge.

Technology for Aging

Date: Tuesday, November 6

Time: 2 – 3:30 p.m.

Instructor: Debra Bare-Rogers,
Communications
Technology Specialist,
Disability Rights Maine

Learn all about CapTel phones, examples of other phones available through the Telephone Equipment Program, the hearing aids, and additional resources for people with hearing loss.

Crafting with Corinne

Date: Thursday, November 8

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon

In this class you will get a jumpstart on some easy-to-create holiday gifts for family or friends. We will create an easel calendar and beautiful notepad gift. All class supplies provided for \$5.

Androscoggin Readers Theater

Date: Monday, November 12

Time: 2 – 3 p.m.

Androscoggin Readers Theater will join us to present performances of their original, humorous scripts that explore the quirks, peculiarities, and idiosyncrasies of senior life, all in good fun!

Safe Driving

Date: Tuesday, November 13

Time: 10 a.m. – 2:30 p.m.

Instructor: Donna McGibney,
AARP

Cost: \$20, payable to AARP;
\$15 for AARP members

Drivers 55+ who complete this class are eligible for discounts on their auto insurance for three years. Bring your driver's license, lunch, and membership card.

Living Well with Diabetes

Date: Fridays, November 16
to December 28 (no class
November 23)

Time: 9 – 11:30 a.m.

Instructors: SeniorsPlus staff

Location: DFD Russell
Medical Center,
180 Church Hill Road, Leeds

Learn real-life skills for living a full, healthy life with diabetes. SeniorsPlus received a cool testimonial from a former participant of this workshop. She told us that she lost 40 pounds, her A1C dropped to 5.4, her doctor took her off Metformin, and she is feeling so good she has returned to work. Come get the support you need to enjoy life to its fullest.

Retirement 101

Date: Tuesday, November 20

Time: 1 – 2 p.m.

Instructors: Jennifer Uwaechia and guest, Banker's Life

Learn different methods to protect your assets against inflation and prevent outliving your retirement income and savings. Whether you are retiring from an employer or your own business, we can help you navigate fixed income living. Every situation is unique to the individual so we will be answering specific questions after the presentation. Light refreshments will be provided.

Money Saving Tips You Don't Want to Miss!

Date: Thursday, November 29

Time: 10 – 11 a.m.

Instructor: Chloe Giampaolo

Chloe is back share more of her wisdom. In this presentation, participants will learn how to save money and even live debt-free.

Honoring Your Wishes for Care in Serious Illness

Date: Thursday, November 29

Time: 2 – 3:30 p.m.

Instructor: Elizabeth B. Hart, MD, Director of Medical Services, Androscoggin Home Health Care and Hospice

This interactive conversation, led by a physician who specializes in geriatrics, will focus on ways to ensure that your wishes will be honored if you face a serious illness or as you approach the end of your life. We will explore how meaningful conversations and written advance directives will help your loved ones and your healthcare team to respect your preferences for care if a time comes when you are not able to speak for yourself. We will discuss tools that can communicate your wishes so that the care that you receive is consistent with your values and goals.

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

Date: Mondays

Time: 11:15 a.m. – noon

OR 12:15 – 1 p.m.

Date: Wednesdays

Time: 11:30 a.m. – 12:15 p.m.

Date: Fridays (no class 11/23)

Time: 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

Date: Mondays and Fridays

Time: 9 – 10 a.m.

Instructor: Tisha Bremmer

Cost: \$35 for 7 weeks;

Drop in: \$8 per class.

Monday sessions: 10/22–12/17 (no class 11/12)

Friday sessions: 9/7-10/26 and 11/2-12/21 (no class 11/23)

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.

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.

ONGOING GROUPS

Coffee & Comfort

Date: Monday, November 5
Time: 3 – 4 p.m.

This group meets on the first Monday of each month. The group is for those who have experienced loss and have completed the Bereavement group at Beacon Hospice. This group is facilitated by Beacon Hospice.

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. Please use back entrance.

Caregiver Support Group

Date: Monday, November 12
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, November 14
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 "Cane River" by Lalita Tademy. A New York Times bestseller and Oprah's Book Club Pick, this book is the unique and deeply moving saga of four generations of African-American women whose journey from slavery to freedom begins on a Creole plantation in Louisiana.

Vision Support Group

Date: Monday, November 19
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. Meets on the third Monday of each month.

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

Chronic Pain Support Group

Date: Monday, November 26
Time: 2 p.m.

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

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, November 5
Time: 3 – 4:30 p.m.

Location: SeniorsPlus,
218 Fairbanks Road,
Farmington

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.

See our Facebook page:
www.facebook.com/seniorsplus

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.