

SeniorsPlus EDUCATION CENTER

APRIL 2018 CLASSES

Living Well with Chronic Pain

Date: Fridays, March 30 –
May 4

Time: 1 – 3:30 p.m.

Instructors: Robyn Spugnardi
and Cecilia Natale

This is a 6-week workshop for those who want to learn ways to better manage their pain and health concerns. The workshop is held once a week for 2½ hours for adults who have long-term or chronic pain lasting longer than six months, or beyond the expected healing time for an injury. Participants of this interactive workshop learn ways to deal with frustration, fatigue, poor sleep, and isolation. You will also learn appropriate exercises for maintaining and improving strength, flexibility, endurance,

techniques for pacing activity and rest, how to evaluate new treatments, and appropriate use of medications to treat your pain. Snacks will be provided and there will be a drawing for a \$25 Visa gift card. **Limit 16.**

Tick and Mosquitos

Date: Tuesday, April 3

Time: 11 a.m. – noon

Instructor: Sarah Bly,
Maine CDC

This class will highlight tick and mosquito-borne illnesses and what we can do to prevent exposures. We'll also discuss tick and mosquito biology and ecology (the how and why these pests do what they do where they do it).

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

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

Understanding Healthcare Options Part 1

Date: Tuesday, April 3

Time: 2 – 3:30 p.m.

Instructors: Angela Moore,
Beacon Hospice,
and Dave Bracket,
Kindred At Home

Are you confused about your health care choices? What levels of care and resources are available for you and/or your family member? We will review Medicare rules and guidelines to help you be an informed consumer participating in healthcare decisions that impact your quality of care. This is an informational session to help improve your ability to navigate our healthcare system and better talk to your doctor.

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

Safe Driving

Date: Tuesday, April 10

Time: 10:30 a.m. – 2 p.m.

Instructor: George Davis,
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.

Bates Photo Project

Date: Friday, April 13

Time: 3:45 – 4:45 p.m.

Instructor: Mark Pechenik,
The Alzheimer's Association

Do you love photography? And are you or your loved one living with early stage dementia or memory challenges? If so, join us for the Bates Photo Project Information Session. Through the free Bates Photo Project, you and your care partner will be matched with a Bates College student this spring to learn how to take expert nature photographs using your smartphones.

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Hearing Health

Date: Tuesday, April 17

Time: 10 – 10:30 a.m.

Instructor: Nancy Whittier,
Shapiro Hearing Aid Centers

How is your hearing? Do you often times ask people to repeat? Do you misunderstand what people are saying? It is not surprising that we have a hard time to admit that we are struggling with our hearing. It often takes a person seven years to actually pursue help. What is surprising is that there is a strong correlation between hearing loss and dementia. Come and hear all about it! Along with the presentation, Nancy Whittier, BC-HIS, will be offering a free hearing screening to anyone in attendance. She will have her schedule with her in order to book appointments at her 410 Main St. location.

Five Wishes

Date: Tuesday, April 17

Time: 1 – 2 p.m.

Instructor: Angela Moore,
Beacon Hospice

National Healthcare Decisions Week occurs the week of April 16. Do you have your own advance directive? Have you talked to your loved ones about theirs? Join us for a candid conversation about advance directives and how to approach such a delicate topic. We will review Five Wishes, which

is the most popular advance 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.

Crafting with Corinne: Flip Albums

Date: Monday, April 23

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon
Cost: \$5 for supplies

Flip albums are crazy right now in the crafting world. Grab a few envelopes, scrapbook paper, and adhesives and you can create a really nice, cute album.

Know the 10 Signs

Date: Tuesday, April 24

Time: 10 – 11:30 a.m.

Instructor: Mark Pechenik,
The Alzheimer's Association

The purpose of this workshop is to provide the general public with a greater understanding of the difference between age-related memory loss and dementia and what to do if

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they have signs of Alzheimer's disease. At the workshop, you will learn: How to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process to receiving an Alzheimer's diagnosis; why early detection is crucial.

New to Medicare

Date: Wednesday, April 25

Time: 6 – 8 p.m.

Instructor: Kerry Faria,
SeniorsPlus

Location: 129 Elm St.,
Mechanic Falls

Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money. **Please register with Mechanic Falls Adult Ed at 345-3217.**

ONGOING FITNESS

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

Gentle Chair Yoga

Date: Mondays, April 2 – June 4 (no class on 4/16)

Time: 9 – 10 a.m.

Instructor: Tisha Bremmer
Cost: \$40 for 8 weeks; Drop in: \$8 per class.

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.

Gentle Chair Yoga

Date: Fridays, March 9 – April 27

Time: 9 – 10 a.m.

Instructor: Tisha Bremmer
Cost: \$35 for 7 weeks; Drop in: \$8 per class.

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.

Total Strength and Balance

Date: Mondays
(no class on 4/16)

Time: 11:15 – noon
OR 12:15 – 1 p.m.

Date: Wednesdays and
Fridays

Time: 11:30 a.m. – 12:15 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 information: Call Linn at 523-9055.

These classes are for all – beginner or advanced – who are interested in improving strength, balance, and bone density.

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

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Lewiston, Maine 04240,
unless noted.

ONGOING GROUPS

Coffee & Comfort

Date: Monday, April 2

Time: 3 – 4 p.m.

Meets on the first Monday of each month for those who have experienced loss and have completed the Bereavement group.

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.

Caregiver Support Group

Date: Monday, April 9

Time: 5:30 – 7 p.m.

Occurs on the 2nd 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.

Book Club

Date: Wednesday, April 11

Time: 2 – 4 p.m.

Meets on the 2nd Wednesday of each month. This group will be discussing the book from March.

FRANKLIN & OXFORD COUNTIES

Living Well for Better Health

Date: Fridays, March 30 – May 4

Time: 9 – 11:30 a.m.

Instructors: Laure Johnson and Cecilia Natale

Location: Beacon House in Rumford, 20 Congress St.

This six-week long workshop teaches real-life skills for living a full, healthy life with a chronic condition. Classes are fun and interactive. The workshop builds confidence around managing health, staying active, and enjoying life. Topics include communication, medication usage, talking with your healthcare provider, physical activity, weight management, and healthy eating. At the end

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.

of the workshop, there will be a drawing for a \$25 Visa gift card. Snacks will be provided each week. **Limit 16.**

Helping Parents as They Age

Date: Wednesday, April 11

Time: 6 – 8 p.m.

Instructor: Valerie Cole, SeniorsPlus

Location: Telstar High School

As our parents age, all sorts of concerns and issues arise. In a supportive environment come learn what to expect as your parents age. Learn about health and safety issues as well as some of the challenges you may face with communication. This class will help you identify the best options in providing support, how to plan ahead, and how to connect with available resources. **Please register with Bethel Adult Ed for this class at 824-2136.**

At the Farmington Community Center

Program: Coping with Hearing Loss – Sparkes Hearing

Date: Monday, April 2

Time: noon to 1 p.m.

Tips to both the hearing aid wearer and the non-wearer about how to hear the best that they can in different situations. Tips to having conversations with another person that has untreated hearing loss.