

# Education Center Online

**April 2021**

Education Center Friends,

Happy Spring! If you're like us, you've been enjoying the warmer weather and longer days.

It's hard to believe it's been a full year since we launched our Online Education Center and virtual delivery of programs. Our successful transition has come with it's challenges but boy, how great it has been to be able to connect with so many of you online! We hope you feel the same way and have benefited from our offerings in one way or another.

We strive to provide a welcoming online space for you to come, socialize, laugh, and learn together. To monitor your wants and preferences, we'll continue to email you our online post-program surveys. 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](mailto: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

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To register for our Online Education Center offerings, please email us at [edcenter@seniorsplus.org](mailto: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.

## SPECIAL ANNOUNCEMENT Attention Lewiston Residents!

The City of Lewiston has received a \$500,000 Brownfields Cleanup Grant from the Environmental Protection Agency to mitigate environmental hazards in Bates Mill #5 at 15 Canal Street in Lewiston. Curious what a brownfield is? You're not alone. A brownfield is a property for which the reuse may be complicated by the presence or potential presence of a hazardous substance, pollutant, or contaminant. Hazards in Bates Mill #5 include PCBs, asbestos, and lead.

Ransom Consulting will give a presentation about the proposed cleanup at the virtual City Council workshop on Tuesday, March 30 at 6:00pm. To attend, register at <http://www.lewistonmaine.gov/2021cc>. You can also view the presentation after the meeting on the City's [YouTube Channel](#).

The City is currently accepting public comments about the cleanup activities. If you have a comment about the proposed cleanup, please send it to [hmccarthy@lewistonmaine.gov](mailto:hmccarthy@lewistonmaine.gov) or call 513-3000 ext. 3276 by Wednesday, April 21 at 4:30pm.

## ONLINE CLASSES

### What is Sprint IP Relay and Sprint Web CapTel?

**Date:** Thursday, April 8

**Start time:** 1:00-2:00PM

**Presenter:** Debra Bare-Rogers, Disability Rights Maine

**Location:** Zoom

**Sprint IP Relay:** You can make calls with Sprint IP Relay on your smartphone, tablet or computer to type and view messages. This relay service allows the user to make phone calls using text (no voice or hearing required). How does it work? You type what you want to say to the operator, and then the operator relays the message to your caller and types their response back to you.

**Sprint Web CapTel:** This relay service works a little different; you can use any telephone and connect via computer/tablet to read captions on the call. Using the telephone allows you to use your own voice.

Join us to learn about these no-cost relay services available to Maine residents.

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### Fraud & Scams

**Date:** Thursday, April 15

**Time:** 6:00-7:30PM

**Presenter:** SeniorsPlus Staff

**Location:** Zoom

This workshop will give you the information needed to determine what is real and what is a scam. What does fraud look like? What are the latest scams out there? How do you recognize fraud? Find out what you can do to protect yourself and where to go to report things so others don't become the next victim.

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### Health Care Advance Directive Planning during COVID Times

**Date:** Friday, April 16

**Time:** 2:00-4:00PM

**Host Organizations:** SeniorsPlus, Androscoggin Home Healthcare + Hospice & St. Mary's Regional Medical Center

**Location:** Zoom - video and audio required



Join us on this year's National Healthcare Decisions Day, April 16, to explore your worries and wishes in relation to healthcare decision making. All from the comfort of your own home, we will use games, resource sharing, and conversation to explore what matters most to YOU.

There will also be time for us to review the Maine Health Care Advance Directive Form. Resources and the Maine Health Care Advance Directive Form will be provided to you through email.

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### Budgeting & Paying Down Debt - How to Make it Fun & Easy

**Date:** Tuesday, April 20

**Time:** 1:00-2:30PM

**Instructor:** Kendra Wheeler, Branch Manager & Amelia Milligan at Bangor Savings Bank

**Location:** Zoom

Money woes? We've all got them. Learn ways to make paying off debt and sticking with a budget easier and dare we say... fun?! Kendra will go over multiple methods to find which one works best for you. Still lost after the class? Kendra will be available to work with you 1-on-1 for free over Zoom or the phone, for as long as your money woes need.

Happy budgeting!

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## Zoom 101: Using Video Technology to Stay Connected

**Date:** Tuesday, April 27  
**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.

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## Crafting with Corinne

**Date:** At your convenience  
**Time:** At your convenience  
**Material Pick-Up:** Week of April 26 (subject to change based on current CDC guidelines)  
**Instructor:** Corinne Saindon  
**Location:** Pre-recorded video/instructions  
**Cost:** \$5.00 for 2 project kit

Join Corinne to create a couple of cute birthday cards for women or girls in your life. All supplies provided except adhesive.

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## 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.

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## 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.

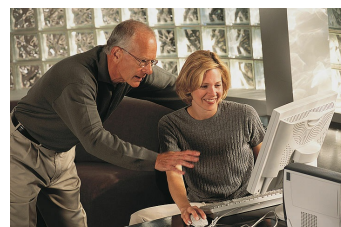
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## Cyber-Senior Mentors - A Tech Resource

**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.

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# 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.

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## 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.

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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, April 12 from 5:30-7:30PM

Thursday, April 29 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.

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### 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](http://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

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## 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, April 5  
**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 - April 7 & 21  
**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.

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## Chair Yoga on Zoom

**Date:** Fridays

**Time:** 8:45-9:45AM

**Instructor:** Mary Bishop, Certified Yoga Instructor

**Location:** Zoom

**Cost:** no fee at this time

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

Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability. Class limited to 10 participants.

## HEALTHY LIVING FOR ME

**Our 2021 HL4ME virtual workshops are open to registration! Workshops currently include Tai Chi for Health & Balance, Better Health NOW, Better Health Now with Diabetes toolkit, Better Health Now with Pain toolkit, and our Living Well workshops through Zoom!**



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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.

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### Living Well with Chronic Pain through Zoom

**Date:** Thursdays, April 8 through May 13

**Time:** 1:00-3:30PM

**Location:** Zoom

**Cost:** FREE

Now offering Living Well with Chronic Pain through Zoom! This class is designed for people who are living with chronic pain. 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; appropriate use of medications; 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.

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### Better Health Now with Diabetes Toolkit

**Date:** Wednesdays, April 21 through May 26

**Time:** 9:00-10:00AM OR 11:00-12:00PM

**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.

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## 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.

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## 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.

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## 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.

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## 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](mailto: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](http://www.healthylivingforme.org) or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org) to get started today!

**We look forward to hearing from you!**

## EDUCATIONAL MOMENT!

### National Financial Literacy Month

April is National Financial Literacy Month and as we know, it's never too late to learn about money related needs and resources. If you're in need of some support in improving your financial literacy, we encourage you to register for our Budgeting & Paying Down Debt class on April 20.

We also encourage you to visit Money Smart Week to learn more and access resources. Money Smart Week is a public awareness campaign designed to help consumers better manage their personal finances. Hundreds of organizations across the country- including businesses, financial institutions, schools, libraries, nonprofit groups, government agencies, and the media- come together to stress the importance of financial literacy.

For more information or to register for a 2021 webinar, visit [moneysmartweek.org](http://moneysmartweek.org).

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