



# Education Center Schedule

August 2022

## MedicAlert Awareness Month

Each August, MedicAlert Awareness is observed. Medical Alert IDs have been around for decades, and are especially important for vulnerable populations like the elderly, disabled, those living with potentially dangerous conditions, and those living alone. These IDs are important to alert your medical team of certain medical conditions, allergies, or medications. These help reduce the margin of fatal errors when utilizing emergency medical care.

President Jimmy Carter declared the first National MedicAlert Week in 1978 after the MedicAlert foundation announced its first MedicAlert Awareness month to promote the importance of these life-saving benefits of the MedicAlert bracelet.

MedicAlert was founded in 1956, 3 years after a young girl, Linda Collins of California, went into a near-fatal anaphylactic shock after a routine test at the hospital. This incident sparked her idea of the silver bracelet that she designed alongside her father, a medical doctor.

When the MedicAlert Foundation was formed in 1956, they created a database of medical records for people so that medical personnel will have vital information, even if you are unable to speak for yourself.

To Observe MedicAlert Awareness month

1. Get a MedicAlert bracelet for yourself or for a relative. These bracelets can be purchased at your local pharmacy, big-box store, online via Amazon, or directly through [medicalert.com](http://medicalert.com)
2. Spread awareness of the importance of MedicAlert through the community and with vulnerable friends and relatives.

There are many different styles and ways to use these bracelets these days. There are options as simple as the original silver bracelet and other options such as a wallet ID, an ID that attaches to your smart watch and even those that are synced with a push button device that can detect falls or allow an elderly person to call for help when they are unable to reach their phone.

MedicAlert can provide confidence for our loved-ones who live alone. This can reduce stress for them knowing that their needs will be met in an emergency situation.

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.

## 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 device 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.

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## 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.

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## 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.

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## 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.

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## 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.



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## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups - *New at all 3 locations*

**Lewiston:**

**Dates & Times:** Monday, August 8 from 5:30-7:00 PM (every second Monday)

**Instructor:** Dana Morrell

**Location:** Lewiston office at 8 Falcon Rd, Lewiston

**Norway:**

**Date and Time:** Thursday, August 25 from 2:30-4:00 PM (every fourth Thursday)

**Group Leaders:** Valerie Cole

**Location:** SeniorsPlus Norway office at 9 Marston Street, Norway

**Wilton:**

**Date and Time:** Thursday, August 4 from 3:00-4:15 (every first Thursday)

**Instructor:** Janice Sabin

**Location:** SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

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. The group will meet in person on location.

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## 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 - *on summer break*

**Date and Time:** 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, grievers will receive support, understanding, and compassion. Grievers 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.

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### SeniorsPlus Book Club

**Date & Time:** Wednesday, August 10 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, August 10. We will be reading *Portrait of a Marriage* by Marilynne Robinson. Read and bring your copy for a guided discussion.

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### Knitting Group

**Dates:** Wednesdays (Ongoing) August 3, 10, 17, 24 & 31

**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!

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### Strength & Balance - *Now at the Ed Center in Lewiston*

**Dates & Times:**

Monday 11:00-11:45 AM

Wednesday 11:00-11:45 AM

Friday 10:15-11:00

**Location:** Education Center, SeniorsPlus, 8 Falcon Road,  
Lewiston, ME**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 in-person and masks are required.

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

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## Friday Chair Yoga In-Person & Zoom

**Dates:** Fridays (ongoing) August 5, 12, 19 & 26**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 is 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.

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## Tuesday Chair Yoga In-Person & Zoom

**Dates:** Tuesdays (ongoing) August 2, 9, 16, 23 & 30**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 are 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 is 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.

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## NORWAY AND OXFORD COUNTY CLASSES

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### Virtual Mat and Chair Yoga

**Dates & Time:** Thursdays (Ongoing) August 4, 11, 18 & 25**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.

## 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 Summer workshops:*

HL4ME workshops:

Living Well with Diabetes  
Thursdays, August 11<sup>th</sup>-September 15<sup>th</sup>  
1-3:30p.m.  
Via Zoom

Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. 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.

Bingocize  
Tuesdays/Thursdays, August 9<sup>th</sup>-October 13<sup>th</sup>  
10-11:00a.m.  
The Education Center at SeniorsPlus  
Bingocize combines a bingo game with exercise and health education! The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.

To register, call Katherine at 207-440-2390 or visit [www.healthylivingforme.org](http://www.healthylivingforme.org) to view all of our upcoming workshops!

## EDUCATIONAL MOMENT!

This August, observe National Eye Exam Month by learning about ways to keep your vision clear and healthy. As we age, getting a baseline eye exam can detect early signs of disease or damage to your eyes. Ophthalmologists recommend periodic eye exams every 2-4 years from the ages of 40 to 65, and every 1-2 years after the age of 65. While most symptoms are often disregarded, getting a simple checkup and following a doctor's orders can greatly lower risks of more severe and future damage, and you can continue to enjoy healthy vision.

**HOW TO OBSERVE NATIONAL EYE EXAM MONTH**

**Take the exam:**

There is no reason to put off something this important. An eye exam usually takes about 20-30 minutes. See your doctor and make sure everything's ok.

**Encourage others to do the same:**

So many of us take the laissez-faire approach to something like sight by simply adopting the "if ain't broke..." philosophy. Urge your loved ones to brave the doctor's office and ensure their healthy vision.

**Make sure you have the right prescription:**

Your eyes change over time. Adjusting your prescription may be necessary to reduce eyestrain, optimize performance, and make your vision as clear as can be.

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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.

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), call 1-800-620-6036, or email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) to get started today!

We look forward to hearing from you!

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