

SeniorsPlus EDUCATION CENTER

**DECEMBER 2018
CLASSES**

Medical Marijuana

Date: Tuesday, December 4

Time: 1 – 3 p.m.

Instructors: Danielle Miller and
Marissa Martin

This presentation will cover how cannabis works in the body, ways to ingest it and how each method takes effect, how to track what you are trying and the success of your results, and how to make your own cannabis remedies.

Ibis Program Information Session

Dates/Times: Wednesday,
December 5, 8:30 – 10:30 a.m.,
and Tuesday, December 18,
1 – 4 p.m.

Instructor: Brenton Stoddart,
Ibis Care Navigator

The Ibis Program will be here on the first Wednesday and third Tuesday of each month

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 Ibis Program is almost completely paid for by Medicare! Refreshments will be served.

Coping with Holiday Stress and Winter Blues

Date: Wednesday, December 5

Time: 1:30 – 3 p.m.

Instructor: Angela Moore,
Beacon Hospice

The holidays are a time of family, friends, and celebration. However, for some, it can be a time of stress and loneliness. The holidays and cold winter months can represent memories of loved ones lost or times of isolation. There are some things that can help. Let's chat about ways to support family and friends, create new memories, and look forward to winter again.

Crafting with Corinne

Date: Thursday, December 6

Time: 2 – 3:30 p.m.

Instructor: Corinne Saindon
Supply fee: \$5

In this class you will create a couple of holiday cards for family or friends. **Limit 10 participants.**

Living Well with Diabetes

Date: Fridays, December 7 –
January 11

Time: 9 – 11:30 a.m.

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

In this six-week workshop, learn real-life skills for living a full, healthy life with diabetes. A former participant of this workshop 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! To register, call SeniorsPlus at 795-4010.

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

Options for Caregivers of Individuals with Dementia

Date: Monday, December 10

Time: 1:30 – 3:30 p.m.

Instructor: Albert L'Etoile,
Woodlands Memory Care
of Lewiston

Join Albert in an open discussion. He has been working with the senior population for over 30 years and has been assisting families and older adults in finding the appropriate living situation for nearly 20 years. This open forum is the perfect opportunity to “pick his brain” regarding options for the caregivers of individuals with Alzheimer’s disease or other forms of dementia.

‘We Need to Talk’ Seminar

Date: Tuesday, December 11

Time: 10:30 a.m. – noon

Instructor: Court Dryer and
Donna McGibney, AARP

“We Need to Talk” is a program developed by AARP based on information created jointly by The Hartford and the MIT AgeLab. The AARP Driver Safety Program is offering the free seminar to the public to better meet the growing needs of adults who are caring for aging parents and are concerned about making a smooth transition for the

older person from driving to not driving. This seminar is designed to assist family and friends to have successful conversations about how an older person can stay mobile when it is time to limit or stop driving.

1-800-HELP-ME-TIM with my Android Smart Phone

Date: Thursday, December 13

Time: 1:30 – 3:30 p.m.

Instructor: Tim Verrill,
SeniorsPlus

Please join Tim with your Android smartphone and any questions or problems that you are experiencing. **Limit 10.**

Medicare 101

Date: Friday, December 14

Time: 2:30 – 4 p.m.

Instructor: Melissa McCarthy,
UNE graduate student, and
Carmen Carney, SeniorsPlus

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.

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

Healthy Living for ME

Date: Tuesday, December 18

Time: 10 – 11:30 a.m.

Instructor: Nate Miller, LMSW,
SeniorsPlus

Healthy Living for ME is a network of providers across the state that deliver evidence-based education. Nate will explore the context of aging and health in which preventative and self-management resources are needed. Participants will also learn about workshops that focus on improving health, caregiving, and reducing the risk of falls.

Game Day at SeniorsPlus

Date: Wednesday, December 19

Time: 1 – 4 p.m.

Join us at SeniorsPlus for an afternoon full of fun, socialization, and popcorn. Bring your favorite game to share with others, whether you enjoy cribbage, board games, or cards. All are welcome! We hope to see you here.

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

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

Living Well with Chronic Pain

Date: Thursdays, December 27 to January 31

Time: 1:30 – 4 p.m.

Instructors: SeniorsPlus staff/volunteer

This is a six-week long workshop for those who want to learn ways to better manage their pain. 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, and techniques for pacing activity and rest.

ONGOING GROUPS

Coffee & Comfort

Date: Monday, December 3

Time: 3 – 4 p.m.

Meets on the first Monday of each month. This is a grief recovery support group where you can find help and healing for the hurt of losing a loved one. 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, December 10

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, December 12

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 "Homegoing" by Yaa Gyasi. This New York Times best

seller begins with the story of two half-sisters, separated by forces beyond their control: one sold into slavery, the other married to a British slaver. "Homegoing" paints an unflinching portrayal of the slave trade and explores its impact down the generations, from 18th-century West Africa to the present day.

Vision Support Group

Date: Monday, December 17

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.

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, ONGOING FITNESS CONTINUED

Chronic Pain Support Group

No meeting this month due to holiday. This peer-facilitated group was formed by participants of the Living Well with Chronic Pain workshop. This group meets from 2 to 4 p.m. on the fourth Monday of each month. This is for people who have chronic pain.

Caregiver Support Group

Date: Thursday, December 27

Time: 8:30 – 10 a.m.

Instructors: Albert L'Etoile and Pam Smith, Woodlands Memory Care of Lewiston

By participant request, we have some exciting news! We have added a second caregiver support group to our monthly calendar. The second support group will occur on the last Thursday of each month from 8:30 to 10 a.m. This group 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 Woodlands Memory Care of Lewiston staff.

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 (no class 12/24)

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

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

Monday sessions: 10/22–12/17 & 1/7–3/4 (no class 1/21 & 2/18)

Friday sessions: 11/2–12/28

(6 weeks, \$30 this session).

Mondays only during winter months

Time: 9 – 10 a.m.

Instructor: Tisha Bremmer

Cost: \$8 drop-in, \$40 for 8 weeks

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.

FRANKLIN & OXFORD COUNTIES

Caregiver Support Group

Date: Monday, December 3

Time: 3 – 4:30 p.m.

Location: SeniorsPlus, 218 Fairbanks Road, Farmington

SeniorsPlus' Caregiver Support Group 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.

See our Facebook page:

www.facebook.com/seniorsplus

Classes are free, unless noted.

We are fully accessible.

Hearing Assistive Equipment is available upon request.

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

To register, call 795-4010 or 1-800-427-1241.