

# Education Center Online

**December 2020**

Education Center Friends,

As we welcome the last month of 2020, we want to thank you for connecting with us virtually over the past eight months. We've missed seeing you in the Education Center but appreciate the support you've given our remote learning opportunities. We will continue to host virtual offerings until it is safe to reopen our physical Education Center.

We have multiple classes and groups happening in December (see below) and hope you'll consider joining some!

We've also scheduled many 2021 workshops for you. Please contact us if you or someone you know is interested in taking Tai Chi for Health & Balance, one of our chronic disease self-management workshops, toolkits, and/or other programs. If there is a specific class topic you'd like to see offered, please don't hesitate to reach out.

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.

Wishing you and yours a healthy and safe holiday season,

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.

## ONLINE CLASSES

### Zoom 101: Using Video Technology to Stay Connected

**Date:** Tuesday, December 1, 15, OR 29

**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' 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.

We also welcome you to stay on the December 15 call longer to participant in the Cyber Aware Webinar which will focus on ways to stay safe in the digital world (more information below).

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

**Date:** Thursday, December 10

**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 Debra to learn more about these two no-cost relay services available to Maine residents and how to access them!

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## AT&T Cyber Aware Webinar Tech Training

**Date:** Tuesday, December 15

**Start time:** 10:45AM

**Instructor:** Ryan Clark, Regional Director of VT External Affairs & Michael Hartigan, Director of Public Affairs - New England

**Location:** Zoom

AT&T experts host an interactive training session about how older adults can stay safe in a digital world while taking full advantage of the latest connected technology and devices. This will be a 20-30 minute presentation with time for a Question and Answer session to answer any and all device related questions.

As life shifts online and we take advantage of connected technology like smart phones, tablets, and other devices to virtually engage with colleagues and loved ones, we all need to be aware of potential risks. The good news is we are here to provide simple, fast steps that we can all use to protect against scams, fraud, robocalling and more.

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## Journalism, Truth, and Healthy Communities

**Date:** Thursday, December 17

**Time:** 10:00-11:00AM

**Instructor:** Judy Meyer, Executive Editor of the Sun Journal, Kennebec Journal and the Morning Sentinel

**Location:** Zoom

Join Judy as she discusses the importance of newspapers and our evolution into an increasingly digital platform. There will be time for Q&A.

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## Crafting with Corinne

**Date:** At your convenience

**Time:** At your convenience

**Material Pick-Up:** Week of December 21  
(subject to changed based on current CDC guidelines)

**Instructor:** Corinne Saindon

**Location:** Pre-recorded video/instructions

**Cost:** \$5.00 for 2 project kit



Join us in December to make quick, fancy folding cards that are not time consuming to make. Great for giving to family or friends. All supplies provided except adhesive. Class is limited to 10 participants and cost is \$5.00 for the kit.

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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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## 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.



## GROUPS & EXERCISE

### Coffee & Comfort - Bereavement Support Group

**Date:** Monday, December 7

**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.



### Virtual Knitting Group

**Dates:** Every other Wednesday - December 2, 16, & 30

**Time:** 5:00-6:00PM

**Group Lead:** SeniorsPlus Staff

**Location:** Zoom

Join our knitting group to work on your own project while socializing!

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### Caregiver Support Groups

**Dates & Times:**

Monday, December 14 from 5:30-7:30PM

No Thursday morning group in November and December due to the holidays

**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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## 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

**We have scheduled our 2021 HL4ME virtual workshops, 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 through Zoom!**



## Tai Chi for Health & Balance

**Date:** workshop series will meet twice weekly for 8 weeks

**Time:** 1 hour per session/class

**Location:** Zoom

**Cost:** \$20.00 effective October 1, 2020

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. Workshops are limited to 10 participants.

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## Better Health NOW!

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

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## Better Health with Diabetes

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Similar to Better Health NOW, Better Health 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 Better Health with Diabetes toolkit materials in the mail prior to starting the workshop.

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## Better Health with Chronic Pain

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Similar to Better Health NOW and Better Health with Diabetes, Better Health with Chronic 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 Better Health with Chronic Pain toolkit materials in the mail prior to starting the workshop.

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## Living Well Workshops through Zoom

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary (approximately 2 hours per class)

**Location:** Zoom

**Cost:** FREE

Now offering Living Well with Chronic Pain, Living Well with Diabetes, and Living Well for Better Health workshops through Zoom! Each workshop will cover a series of topics, some overlapping and some specific to the chronic condition of the workshop. If you're looking

for help with managing your chronic conditions and would like to connect with others, these programs are for you!

## 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), 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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