

# SeniorsPlus EDUCATION CENTER

**JANUARY 2018  
CLASSES**

## **Breast Health: Risk Reduction**

**Date:** Tuesday, January 9

**Time:** 9:30 – 10:30 a.m.

**Instructor:** Medical professionals from the St. Mary's Breast Health Department

We will be discussing how to best reduce one's risk in regards to breast health, as well as imaging for breast surveillance.

## **Diabetes**

**Date:** Tuesday, January 9

**Time:** noon – 1 p.m.

**Instructor:** Christopher Irish, Diabetes Nurse Educator, Androscoggin Homecare & Hospice

This class is meant for those that have diabetes, those with a family member with diabetes, and those trying to avoid getting this debilitating disease. It goes over the basics of diabetes, its causes, and ways to best manage the disease to help avoid its destructive complications.

## **A Matter of Balance**

**Date:** Tuesdays, January 9 – February 27

**Time:** noon – 2 p.m.

**Instructors:** Amanda Peralta, Mitzi Sequoia, Jackie Gammon

**Location:** Rumford Hospital Conference Room B, 420 Franklin St., Rumford

This is an eight-week workshop designed to reduce the fear of falling and to increase activity levels among older adults.

Learn to set realistic goals to increase activity, change your environment to reduce fall risk factors, and learn simple strength and balance exercises. **Limit 14.**

## **Book Club**

**Date:** Wednesday, January 10

**Time:** 2 – 4 p.m.

Book club will meet on the second Wednesday of every month starting in January. The book to be read for this month is "Love and Treasure" by Ayelet Waldman.

## **Living Well for Better Health**

**Date:** Thursdays, January 11 – February 15

**Time:** 9 – 11:30 a.m.

**Instructors:** Laure Johnson and Cheryl Moody

**Location:** Franklin Memorial Hospital, Chisholm Room, 111 Franklin Health Commons in Farmington

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 of the workshop, there will be a drawing for a \$25 Visa gift card. The more you go, the better your chances of winning. Snacks will be provided. **Limit 16.**

**See our Facebook page:**

[www.facebook.com/seniorsplus](http://www.facebook.com/seniorsplus)

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

**Late addition!**  
**Medicare 101**

**Date:** Thursday, January 25  
**Time:** 5:30 – 7:30 p.m.  
**Instructor:** Debra Cartwright,  
SeniorsPlus

Learn the basics and timelines of this complex system, when you need to sign up for what, and ways to save money.

### Dementia

**Date:** Thursday, January 11  
**Time:** 1 – 2:30 p.m.  
**Instructor:** Victoria Scattoloni,  
RN, CHPN, Androscoggin  
Homecare & Hospice

This talks specifically about patients with Alzheimer's/dementia and includes ways to compassionately and safely care for them. This class covers disease progression, treating symptoms non-pharmacologically, and proper use of available medications.

### Crafting with Corinne: Valentine's Day

**Date:** Monday, January 22  
**Time:** 1:30 – 3 p.m.  
**Instructor:** Corinne Saindon,  
local artisan  
**Cost:** \$5 for supplies

Come celebrate friendship and love creating two beautiful cards with a Valentine's Day theme.

### Alzheimer's: The Basics

**Date:** Tuesday, January 23  
**Time:** 10 – 11:30 a.m.  
**Instructor:** Mark Pechenik,  
The Alzheimer's Association

Provides basic information that everyone needs to know about memory loss issues and what they mean for all of us. Learn about: Symptoms and effects of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; causes and risk factors; how to find out if it's Alzheimer's disease; benefits of early detection; how to address a diagnosis of Alzheimer's disease; stages of the disease; treatment; hope for the future; ways the Alzheimer's Association can help.

### Line Dancing

**Date:** Tuesdays, January 23 –  
February 13  
**Time:** 12:30 – 1:30 p.m.  
**Instructor:** Denise Herbert  
**Cost:** \$10 for 4 weeks

Line dancing is all about fun, exercise, discipline, good music, and a great stress reliever. Learn simple, basic steps and you'll be dancing before you know it. No prior dance knowledge necessary, no partner needed. If you can walk, you can dance. **Limit 15.**

### Fact or Fiction: Breast Cancer

**Date:** Thursday, January 25  
**Time:** 1 – 2 p.m.  
**Instructors:** Medical professionals  
from the St. Mary's  
Breast Health Department

This class will go over why mammograms are important as well as an explanation on how mammograms are performed.

### Foot & Ankle Health

**Date:** Tuesday, January 30  
**Time:** 10 – 11:30 a.m.  
**Instructors:** Dr. Pomeroy and  
Dr. Faught, New England  
Foot and Ankle & St. Mary's  
Center for Orthopedics

This class will be an open and informal conversation about common problems around the foot and ankle and how to avoid them. There will be a foot model to share, and we will discuss and explain how the muscles, tendons, and bones work, and also how to stretch and best take care of your feet over time.

### ONGOING CLASSES

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

#### Gentle Chair Yoga

**Dates:** Mondays, January 8 -  
March 19 (no class 1/15)  
**Time:** 9 – 10 a.m.  
**Instructor:** Tisha Bremner  
**Cost:** \$45 for 9 weeks; \$8 drop-in

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

**Dates:** Fridays, January 5 -  
March 2  
**Time:** 9 – 10 a.m.  
**Instructor:** Tisha Bremner  
**Cost:** \$45 for 9 weeks; \$8 drop-in

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 & Balance

**Dates/times:** Mondays,  
11:15 a.m. – 12:15 p.m.  
(no class 1/1 and 1/15)  
**Dates/times:** Wednesdays and  
Fridays, 11:30 a.m. – 12:15 p.m.  
**Instructor:** Linn Morin  
**Cost:** \$5 for drop-in,  
\$15 for 6 classes, \$25 for 12  
classes. One-month passes  
are nonrefundable.

**To register or for information:**  
Call Linn at 523-9055

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