

Education Center Online

January 2021

Education Center Friends,

2021 is right around the corner and with the New Year comes new workshops, classes, and groups that we are excited to host for you! If you've been on the fence about participating in our virtual offerings, we encourage you to give them a try and connect with others from the comfort of your own home. We strive to provide a welcoming online space for you to come, socialize, laugh, and learn together.

The holidays will look a bit different for many of us this year. The COVID-19 pandemic has changed the way we live and interact with one another. For many older adults, this can mean a loss of social connections that, if left unaddressed, can have serious negative mental and physical health consequences. This is why we are participating in Home for the Holidays, a national campaign led by the Eldercare Locator and the National Association of Area Agencies on Aging (n4a), this year in partnership with the University of California, San Diego Center for Healthy Aging.

Launched every year during the holiday season, Home for the Holidays is intended to help families and friends discuss difficult topics with their loved ones. A new consumer brochure is the focus of this year's campaign, [Staying Connected and Healthy During the COVID-19 Pandemic: Resources for Older Adults and Caregivers](#).

While there are many negative health effects of isolation and loneliness, we're here to help. Not sure if you're at risk? Thanks to n4a and the Eldercare Locator, we're able to link another brochure [here](#) for you to review and learn more about the importance of staying connected during this time of physical distancing. A Self-Assessment Checklist is included for your personal screening.

For more information about the campaign and other local resources available for older adults and their caregivers, contact us today.

If you're having trouble navigating how to join our online offerings, opening the above brochure, have questions or comments, please reach out to see how we can support you. Contact us at 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.

Wishing you and yours a healthy New Year,

The SeniorsPlus Education Center Team

To register for our Online Education Center offerings, please email us at edcenter@seniorsplus.org or call SeniorsPlus at 207-795-4010.

ONLINE CLASSES

Zoom 101: Using Video Technology to Stay Connected

Date: Friday, January 15 OR 29

Time: 1:00-2:00PM

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.

What is Maine Relay?

Date: Thursday, January 14

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!

Banking in 2021

Date: Tuesday, January 19

Time: 10:00-11:00PM

Instructor: Kendra Wheeler, Branch Manager at Bangor Savings Bank

Location: Zoom

Banking used to be simple. You would walk into a bank, withdraw or deposit money, and be on your way. But with changing times, comes new ways to do your banking. For better or worse, banking has evolved and we want to make sure you know all of your options. Join Kendra as she reviews the following and more!

1. What to look for in a bank in 2021
 2. How can you protect yourself and loved ones while banking online.
 3. Did you accidentally share your banking accounts numbers? What now?
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Zooming Together While Physically Apart

Date: Wednesday, January 20

Time: 10:00-11:00AM

Location: Zoom

SeniorsPlus has partnered with River Valley Healthy Communities Coalition and the Oxford County Wellness Collaborative to host *Zooming Together While Physically Apart!* We invite you to join us for our monthly Zoom call where we will spotlight a specific topic before opening up the conversation to the group – this is a time to learn, socialize, laugh, and have fun together. In January we will be spotlighting local resources to overcome isolation, virtual program offerings, and more! Handouts and resources will be emailed out to attendees afterwards.

To help with food insecurity during this time, River Valley Healthy Communities Coalition will also be giving away one Hannaford gift card to an attendee.



Fraud & Scams

Date: Monday, January 25

Time: 10:00-11:00AM

Instructor: SeniorsPlus Staff

Location: Zoom

This class will give you the information needed to determine what is real and what a scam is. 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 do you go to report things so others don't become the next victim. Presented by Valerie Cole.

Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of January 25 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit



Just in time for Valentine's Day, Corinne has created two cute projects, perfect for gift giving. The first project is a beautiful Valentine's Day card and the second is a cute treat holder. All supplies provided except adhesive; class limited to 10 participants.

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.

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.



Referrals for Technology Support

Date & time: At your convenience - varies

Instructor/tutors: The National Digital Equity Center

Location: Phone and/or online

SeniorsPlus has partnered with the AgingME Geriatrics Workforce Enhancement Program to offer technology tutoring to clients in need. Please call to learn more about the opportunity and how we might be able to send a referral for you.

Referrals will be accepted while funding lasts.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, January 11 from 5:30-7:30PM

Thursday, January 28 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.

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
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

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, January 4

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.



COMING SOON! Grieving Between the Lines

Starting in February 2021

Dates: Thursdays for 4-weeks

Time: 11:00-12:30pm

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! In February we will begin to host a book club focused around bereavement and grief support.

We will start with the book *Tuesdays with Morrie* and meet each Thursday from 11:00-12:30pm beginning February 11th, meeting weekly for 4 weeks. The group will be able to host a maximum of 15 people.

If you or someone you know could benefit from this, please reach out to us as pre-registration is required and those who register will receive the link to join after registering.

Virtual Knitting Group

Dates: Every other Wednesday - January 13 and 27

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.

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.

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.

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.

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.

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 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, call 1-800-620-6036, or email edcenter@seniorsplus.org to get started today!

We look forward to hearing from you!

EDUCATIONAL MOMENT!

Radon Awareness Month

Did you Know?

- Radon is an odorless and tasteless naturally occurring gas found in your home and well water.
- Radon is the second leading cause of Lung Cancer.
- There are no symptoms associated with exposure to radon.
- According to the National Cancer Institute, scientists have estimated between 15,000 to 20,000 people die annually from Radon-related lung cancer.
- The United States Environmental Protection Agency estimates as many as 8 million homes throughout the United States have elevated radon levels.
- Environmental Protection Agency uses 4.0 pCi/L as the action level, but the World Health Organization uses 2.7 pCi/L as the reference point, but no level of radon is safe.
- Radon level of 4 pCi/L is equal to 200 chest x-rays per year or 8 cigarettes per day.
- Radon has been found in every state.
- Radon levels can vary from home to home, even levels in your neighbor's home can be very different than yours.

For more information, visit [Centers for Disease Control and Prevention](https://www.cdc.gov/diseasecontrolandprevention/).

