

Education Center Schedule

January 2022

How well are you sleeping?

What constitutes a good night's sleep? According to research, humans need more than 7 hours of sleep to function properly. Without adequate sleep, everything starts to malfunction. We gain weight, our life span decreases, have more accidents, or have a hard time focusing.

If you wake up tired or feel you need a better quality of sleep, this is for you.

When we sleep, our bodies go into repair mode. The damage of the day can be unwound. Emotionally and mentally, we repair as well. We sort out the mess in our subconscious during those precious hours of rest.

Here are some things that you can begin to avoid or implement to enhance your sleep.

1. Turn off your phone and other devices one hour before bedtime. Device usage one hour before bedtime can delay our natural melatonin production by 3 hours! It will also cause natural melatonin production to be reduced by 50%. Also, keeping your phone and devices out of the bedroom while sleeping promotes more restful sleep. The blue light emitted from our devices affect circadian rhythms. If you are on a computer or phone many hours of the day, some people swear by blue-light blocking glasses. They block the blue-light emission from our devices which reduces eye strain and allows our eyes to relax as we close them for bed.
2. Reflection-When lying down to sleep, go through a mental list of what went well, and what needs improvement. This will help clear the subconscious mind of any worries or heavy thoughts that prevent relaxation.
3. Keep your room cool, and sleep naked. Studies have shown that our bodies need a drop in temperature of about 2-3 degrees to sleep.
4. Routine. I have learned that I do much better with a routine, we are creatures of habit and our bodies love predictability. Go to bed and wake up at the same time each day.
5. Avoid alcohol. Substances are often known to put you to sleep faster, however, it is not a natural sleep. Studies have shown that alcohol can impair REM sleep.
6. Try lavender oil. Lavender essential oil is an adaptogen and promotes a restful night's sleep. It can calm a racing mind and trigger the mind to rest and fall asleep.
7. Drink tart cherry juice. This juice has the highest natural melatonin levels of any food. Drinking a few ounces at 3 pm and again around 8 pm will cause the natural melatonin levels to rise and promote a good night's sleep. It may take a week or two before you notice the effect.
8. A good probiotic. Taking a good probiotic is also a way to ensure a good night's sleep. As we sleep, our bodies rest & digest. If our gut flora is out of balance, we will often awaken at the same time each night because we have to work extra hard to allow our dinner to digest through the system. Probiotics feed our good bacteria and regulate our serotonin and dopamine levels which allows for adequate rest and digestion.
9. Lastly, don't stress about it. If you are taking steps to set up the proper environment and are still finding difficulty in rest, do not try to force it. If you must wake up, do something calming and relaxing rather than going into work mode or picking up your phone. Give yourself grace, and keep following the steps and you will improve your quality of rest.

For more information call (207) 653-6513 or email edcenter@seniorsplus.org

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

NEW CLASSES

Bereavement Support Group

Date and Time: Thursday, January 13 from 3:00-4:30 PM. And 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

See more information below.

Book Club - No Cure for Being Human

Date & Time: 5 Wednesdays: February 2 - March 2 from 3-4:00 PM

Instructor: Elizabeth A. Keene, Vice President, Mission Integration, St. Mary's Health

System and Brianne Genschel, Manager for Maine Center for Palliative Medicine offered through Androscoggin Home Healthcare + Hospice
Location: Virtual via Zoom

See more information below.

Walk-In Technology Clinic

Dates & Times: Tuesday, January 25 from 10:00-12:00 PM

Instructor: SeniorsPlus Staff

Location: Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

See more information below.

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.

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.

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.

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.

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.



AARP Safe Driving Course Information

Date & time: At your convenience

Instructor: AARP Staff

Location: Online course. In-Person classes are expected to resume on January 3, 2022.

Update: We are in the process of scheduling an in-person class for the Spring of 2022 at our Lewiston location. Stay tuned for details.

Reach out to us if you need assistance accessing AARP's Safe Driving course. The course is online only at this time. It is a four-hour class that once you register you'll have access to log in any day and time to complete it within 60 days of payment. The cost is 22.46 for nonmembers and 17.96 for members with the current online coupon. Also, check with your insurance provider for eligible discounts.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, January 10 from 5:30-7:00 PM

Thursday, January 27 from 9:00-10:30 AM

Instructor: SeniorsPlus Staff

Location: Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME and via Zoom simultaneously

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 in person with a limit of 10 and via Zoom at the same time.

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

Walk-In Technology Clinic

Dates & Times: Tuesday, January 25, from 10:00-12:00 PM

Instructor: SeniorsPlus Staff

Location: Education Center at SeniorsPlus, 8 Falcon Road, Lewiston ME

SeniorsPlus staff will be ready and waiting to help you with your smartphone or smart device. Come on over, have a seat, hook up to our wireless and we can get started troubleshooting your technology needs. What is your burning question? Is it how to add contacts, how to Facetime, how to maximize Zoom, what happens to apps after you delete them? These are just some of the questions we get all the time. We are digital immigrants and digital natives - come and try to stump us!

Bereavement Support Group

Date and Time: Thursday, January 13 from 3:00-4:30 PM. And 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.

SeniorsPlus Book Club

Date & Time: Wednesday, January 12 from 2:00-3:00PM

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, January 12. We will be reading *ANXIOUS PEOPLE* By Fredrik Backman. Read and bring your copy for a guided discussion.

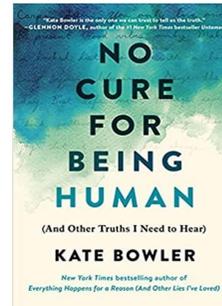
New Book Club - No Cure for Being Human (and Other Truths I Need to Hear) by Kate Bowler - *coming in February*

Date & Time: 5 Wednesdays: February 2 - March 2 from 3-4:00 PM

Instructor: Elizabeth A. Keene, Vice President, Mission Integration, St. Mary's Health System and Brianne Genschel, Manager for Maine Center for Palliative Medicine offered through Androscoggin Home Healthcare + Hospice

Location: Virtual via Zoom

NEW YORK TIMES BESTSELLER • The bestselling author of *Everything Happens for a Reason (And Other Lies I've Loved)* asks, how do you move forward with a life you didn't choose?



It's hard to give up on the feeling that the life you really want is *just* out of reach. A beach body by summer. A trip to Disneyland is around the corner. Promotion on the horizon. Everyone wants to believe that they are headed toward good, better, best. But what happens when the life you hoped for is put on hold indefinitely?

Kate Bowler believed that life was a series of unlimited choices, until she discovered, at age 35, that her body was wracked with cancer. In *No Cure for Being Human*, she searches for a way forward as she mines the wisdom (and absurdity) of today's "best life now" advice industry, which insists on exhausting positivity and on trying to convince us that we can out-eat, out-learn, and out-perform our humanness. We are, she finds, as fragile as the day we were born.

With dry wit and unflinching honesty, Kate Bowler grapples with her diagnosis, her ambition, and her faith as she tries to come to terms with her limitations in a culture that says anything is possible. She finds that we need one another if we're going to tell the truth: Life is beautiful and terrible, full of hope and despair and everything in between—and there's no cure for being human.

Join Elizabeth and Brianne in this facilitated discussion which will start in February. This gives you time to go get the book! Ask for it for Christmas. Or come get a free copy from us at SeniorsPlus.

Knitting Group

Dates: Wednesdays (Ongoing) January 5, 12, 19, 26.

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!

Total Strength & Balance - Two Locations: *Auburn Mall & Lewiston YWCA*

Location: Auburn Mall, 550 Center Street, Auburn, ME 04210
Come to the TD Banks side of the mall. Plenty of parking.

Dates & Times:

Mondays 10:00-10:45

Wednesdays 10:00-10:45

Fridays 10:00-10:45

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 held online and safely in person following CDC guidelines.

Location: YWCA Lewiston, 130 East Ave, Lewiston, ME 04252

Dates & Times:

Tuesdays 11:15-12:00

Thursdays 11:15-12:00

Instructor: Linn Morin, Certified Trainer

Description: Flex Senior Fitness. Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles.

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

Chair Yoga In-Person & Zoom

Dates: Fridays (ongoing) January 7, 14, 21, 28.

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 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.

More Yoga Coming! An Extra Chair Yoga Class on Tuesdays

Dates: Tuesdays (ongoing) January 4, 11, 18, 25

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.

NORWAY AND OXFORD COUNTY CLASSES

Virtual Mat and Chair Yoga

Dates & Time: Thursdays (Ongoing) January 6, 13, 20, 27 from 3:00-4:00 PM

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!

Below is a list of workshops being offered in your area. Some are virtual and some are in person. You are eligible to sign up for any virtual class regardless of where you live. For details, visit our website at www.healthylivingforme.org for more details.

If you have any questions or would like to register, please contact Katherine at 207-440-2390.

HL4ME Winter Workshops

Better Health Now

Location: via Telephone

Dates: Thursdays, January 6th - February 10th, 2-3:00 pm

Living Well with Chronic Pain

Location: SeniorsPlus' Norway office (9 Marston St, Norway, ME)

Dates: Wednesdays, January 26th - March 2nd, 2-4:30 pm

Living Well with Diabetes

Location: SeniorsPlus' Education Center

Dates: Wednesdays, February 2nd - March 9th, 10-12:30 pm

Living Well for Better Health

Location: Virtual/via Zoom

Dates: Tuesdays, February 15th - March 22nd, 9-11:30 a.m.

Living Well with Diabetes

Location: Virtual/via Zoom

Dates: Thursdays, March 31st - May 5th, 9-11:30 a.m.

To register, call Katherine at 207-440-2390 or visit www.healthylivingforme.org to view all of our upcoming workshops!

EDUCATIONAL MOMENT!

January is National Glaucoma Awareness Month

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness:

1. Talk to friends and family about glaucoma. If you have glaucoma, don't keep it a secret. Let your family members know.
2. Refer a friend to our website, www.glaucoma.org.
3. Request to have a [free educational booklet](#) sent to you or a friend.
4. Get [involved in your community](#) through fundraisers, online information sessions or group discussions, etc.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease.

Types of Glaucoma

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-

closure glaucoma. These are marked by an increase of intraocular pressure (IOP) or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma.

Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss.

Regular Eye Exams are Important

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

Risk Factors

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma and may help to prevent unnecessary vision loss.

Courtesy Glaucoma Research Foundation

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 info@healthylivingforme.org to get started today!

We look forward to hearing from you!

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