

# Education Center Online

**July 2021**

Education Center Friends,

We hope that you and yours are well and enjoying the warmer weather!

Our welcoming online Education Center allows you to join us to socialize, laugh, and learn. To hear your needs and wants, we'll continue to email you our online post-program survey after the class or program ends. We appreciate any and all feedback you can provide us.

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.

We will continue to host virtual offerings until it is safe to reopen our physical Education Center. Once we have a reopen plan in place, we will make a public announcement.

Until then, we hope to "see" you soon!

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.

SeniorsPlus is very fortunate to work with so many organizations and businesses. We welcome and encourage their expertise on a range of topics that benefit our clients. However, SeniorsPlus does not endorse any individual or specific organization/business.

**We are excited to share that Healthy Living for ME™ (HL4ME™) is conducting a statewide Community Health Needs Assessment (CHNA).**



Phase one of this assessment includes the dissemination and participation of a twenty-nine question virtual survey.

The survey should take approximately eight minutes to complete and will provide HL4ME with valuable insight on the following:

1. The type of support adults in Maine need
2. The preferences they have (as it relates to #1)
3. Their access (as it relates to #1 and #2)

In order to compile inclusive and complete data, we need your help! Please share the following virtual survey link:

[HL4ME's Community Health Needs Assessment Survey.](#)

The link will remain active through July 14<sup>th</sup>.

We appreciate you responding to the survey and sharing the above link (or this calendar) with your family, friends, and contacts. We welcome you to also follow SeniorsPlus or HL4ME on Facebook to share our recent posts.

Lastly, we want to acknowledge that this project was made possible through our collaboration with UNE's Master of Public Health Program and partners. The success of this will allow HL4ME, Maine's Community Integrated Health Network (CIHN) to obtain the information needed to best serve and support all adult Mainers.

Here's to *Creating a Healthier Maine* together!

## Zoom 101: Using Video Technology to Stay Connected

**Date:** Wednesday, July 21

**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 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.

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## Crafting with Corinne

**No July Crafting with Corinne**

**Next class date:** August - at your convenience

**Time:** At your convenience

**Material Pick-Up:** To be determined

**Instructor:** Corinne Saindon

**Location:** To be determined

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



**August's class description:** Have trouble finding the right card for your situation? Not sure what to give as a gift? Create a wonderful All Occasions card and gift card holder. All supplies provided except adhesive.

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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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## AT&T - Cyber Aware Webinar

**Date & time:** At your convenience

**Instructor:** AT&T Staff

**Location:** Online video

Reach out to receive this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is perfect for people who are interested in learning statistics, how to recognize scams, and what to do to protect yourself while online.

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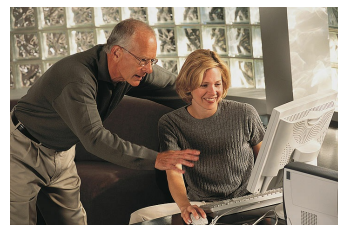
## Cyber-Senior Mentors - A Tech Resource

**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.

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## AARP Safe Driving Course Information

**Date & time:** At your convenience  
**Instructor:** AARP Staff  
**Location:** Online course

Reach out to us if you need assistance accessing AARP's Safe Driving course. Due to the pandemic, they are offering the program online only at this time. It is a 4-hour class online that once you register you'll have access to log in any day and time to complete it within 60 days of payment.

## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups

**Dates & Times:**  
Monday, July 12 from 5:30-7:30PM  
Thursday, July 29 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.

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### 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](http://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

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### 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.

## Coffee & Comfort - Bereavement Support Group

**Date:** Monday, July 12

*No group on Monday, July 5*

**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.

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## Grieving Between the Lines - Book Club

**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! This book club will focus around bereavement and grief support.

We are working on our next group's dates and times. If you're interested in joining this group please reach out to us so we can get you on our list.

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## Virtual Knitting Group

**Dates:** Every other Wednesday - July 14 & July 28

**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!

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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 (ongoing)

No class on Friday, July 2

**Time:** 8:45-9:45AM

**Instructor:** Mary Bishop, RYT

**Location:** Zoom

**Cost:** \$5 per class starting May 1, 2021; payments will be exchanged directly with Mary

**Must-haves:** computer, laptop, or tablet; sturdy chair on non-slip surface

Join Mary for this Zoom class that 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.

## HEALTHY LIVING FOR ME

**Our 2021 HL4ME virtual workshops are open to registration! Workshops currently include Tai Chi for Health & Balance, Better Health NOW, Better Health Now with Diabetes toolkit, Better Health Now with Pain toolkit, and our Living Well workshops through Zoom!**



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Below is a short list of upcoming workshops and their schedules. If you are interested in registering for one and don't see a day and time that work for you - reach out! We have other workshops scheduled throughout 2021 and would be happy to get you into a workshop that works best for you and your schedule. You may also visit our website at [www.healthylivingforme.org](http://www.healthylivingforme.org) for a statewide schedule of programs.

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### Savvy Caregiver

**Date:** Tuesdays, July 20 through August 24

**Time:** 2:00-4:00PM

**Location:** Zoom

**Cost:** FREE

**To learn more about Savvy Caregiver and your eligibility to take this free workshop, please call or email us.**

The Savvy Caregiver Workshop is a six session training series for informal caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as a person would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their care recipients throughout the progression of Alzheimer's or dementia. Participants will receive the toolkit materials in the mail prior to starting the workshop.

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### Living Well for Better Health

**Date:** Wednesdays, July 21 through August 25

**Time:** 9:30-11:30AM

**Location:** Zoom

**Cost:** FREE

This program is designed to help participants deal with chronic conditions. Topics include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. Participants will receive the toolkit materials in the mail prior to starting the workshop.

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### Tai Chi for Health & Balance

**Date:** Tuesday/Thursdays, July 27 through September 30

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

**Location:** Zoom  
**Cost:** \$20.00

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.

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## Living Well with Diabetes

**Date:** Tuesdays, August 10 through September 14  
**Time:** 1:00-3:30PM  
**Location:** Zoom  
**Cost:** FREE

Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. 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 will receive the toolkit materials in the mail prior to starting the workshop.

## 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) or email [edcenter@seniorsplus.org](mailto:edcenter@seniorsplus.org) to get started today!

**We look forward to hearing from you!**

## EDUCATIONAL MOMENT!

### National Social Wellness Month!

July is National Social Wellness Month:

Summer is here! The weather is beautiful and we all want to get out and see friends and family. This is perfect timing for social wellness. What is social wellness? Social wellness is the part of wellness that encompasses social support—the support both given and received, a person's community network that can be utilized in times of crisis and celebration, and ways to maintain positive relationships.

It is incredibly vital for seniors to have a strong social network. Ways seniors can stay socially active are volunteering, pursuing a passion or hobby, joining local community clubs or a senior center.

At SeniorsPlus, we understand that social wellness may be more difficult for seniors to pursue and maintain— especially post-pandemic and for those who are homebound or live further from family. Studies have shown that seniors benefit tremendously from social interaction. One of our goals is to provide a multitude of social options for seniors and their families. We work to serve seniors and their families so they can reap the many positive benefits of social interaction.

Research shows that people with a strong social network tend to have increased longevity, healthier blood pressure rates, improved heart health and better responses to stress. Experts have also seen improvements in people's cardiovascular systems, endocrine systems and the immune system when a strong social network is in place.

How can you tune-up your social wellness? Take advantage of Social Wellness Month to strengthen your networks, connect with others and know that together, we are stronger.