



# Education Center Schedule

June 2022

## Writing Your Memoirs

Have you ever wanted to write your memoirs? It's a common notion, regardless of your age. Many of us have fond childhood memories and stories that we want to put down on paper for future generations. The hardest part is diving in and getting started. But remember, "A job begun is half done," said Mary Poppins. One way to get over the initial hump of writer's block is the use of writing prompts. A good writing prompt will give you a place to get started and jumpstart connections in your memory.

By diving into one memory it will lead to many others that are related to that memory. Approach each memory as its own separate story. In a separate notebook, keep a list of all the memories generated think through your story for example

1. Can you recall your childhood best friend and some of the things you used to do together? Places you used to go?
2. Close your eyes and take a tour back through some prominent places from your childhood: a house you grew up in, a relative's house, a school, a store, a park where you used to play. The list could go on and on, and the rooms within the buildings would extend the tour as well. As you follow your memories through these places, what can you sense? Are there smells, sounds, textures, colors, or even tastes that come back to you?
3. What were some traditions your family observed during your early life? Do any of those traditions survive to this day in your family?
4. Describe a turning point in your life. Explore the past, present, and future around that experience.
5. Which one of your parents—or perhaps another family member—are you most like? How do those similarities make you feel? What about you stands apart?
6. Can you remember back to a conversation or interaction that inspired you? See if you can return your imagination to that experience and then write about it from that place of inspiration.
7. What was one of your favorite songs from long ago that comes with strong memories or feelings? You may not still have your original playback method, but you can probably find the song by searching the title and artist online. If you can locate it, set aside some time to listen to it (maybe even on repeat), and then, while it's still playing or in silence afterward, explore the memories and feelings that arise. Let them dance onto your page as they follow their own rhythm.
8. Choose something that is important to you. It could be anything from a cherished relationship to a souvenir you brought home from a special trip. Begin by writing about that thing, and then see where your thoughts naturally take you from there. - IOA

With any and all of these prompts, don't become attached to a certain outcome. Don't hold yourself to a certain expectation of what your story should look like or get intimidated because this little exercise is only a small start toward a larger project. Instead, set the intention to enjoy yourself and the process along the way. If you're wondering how to start off a memoir, don't get hung up on the memoir itself; instead, get in touch with what's really interesting: you and your life story. Where ever the prompts take you, remember that you are documenting an interesting and unique life.

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.



**Dates & Times:** Thursday, June 16 from 1-3:00 PM

**Instructor:** Monica Morris

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

In this 2-hour workshop, Monica Morris, Certified Heartmath® Practitioner, will take you on a journey of the heart. She will share research, technology and tools to help you engage your heart intelligence to proactively mediate the effects of stress, anxiety, and depression on your body.

You will be shown:

- the science behind the heart's intelligence
- how the heart and brain communicate with each other
- why this is important for reducing stress, managing your emotions, improving your immune system, cognitive function, creativity and more
- technology demonstration to show the difference between 'negative' feelings vs. 'positive' feelings on our hearts

The system of tools and technologies developed by the HeartMath Institute is designed to help people learn to activate and sustain the coherence state. Research has shown that shifting into coherence is an effective and powerful strategy for reducing and transforming stress and anxiety. When we are faced with a stressful situation, making a shift into coherence minimizes the body's normal stress response and its negative repercussions on the brain and body. It also facilitates higher cognitive faculties and emotion regulation abilities that are normally compromised during stress and negative emotional states. This sharpens our discernment, increases creativity, intuition, and resourcefulness, and consequently enables stressful situations to be viewed and dealt with more effectively — from a broader, more emotionally balanced perspective. From this vantage point we're often able to perceive new perspectives and solutions that would not have been accessible to us had we remained in a stressed, disharmonious inner state.

The power of this training lies in the fact that this approach not only produces immediate, in-the-moment benefits, but also, over time, facilitates sustained changes in health, well-being, and performance that profoundly improve the quality of life. This occurs because, as people consistently use tools to facilitate a shift to coherence, the synchronized, harmonious patterns of psychophysiological activity associated with the coherent state become increasingly familiar to the brain and body. These new, healthy patterns are thus reinforced in the neural architecture, and over time become established as a new baseline or set point, which the system then automatically strives to maintain. It is in this way that HeartMath tools facilitate a repatterning process, whereby the patterns that underlie the experience of stress are progressively replaced by healthier physiological, emotional, cognitive, and behavioral patterns as the "automatic" or familiar way of being.

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## Walk-In Technology Clinic

**Dates & Times:** Wednesday, June 22 from 1-3:00 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!

## 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.

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## 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.

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## 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.

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## 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.



## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups - *New at all 3 locations*

**Lewiston:**

**Dates & Times:** Monday, June 13 from 5:30-7:00 PM (every second Monday)  
**Instructor:** Dana Morrell  
**Location:** Lewiston office at 8 Falcon Rd, Lewiston

**Norway:**

**Date and Time:** Thursday, June 23, 2:30-4:00 PM (every fourth Thursday)  
**Group Leaders:** Valerie Cole  
**Location:** SeniorsPlus Norway office at 9 Marston Street, Norway

**Wilton:**

**Date and Time:** Thursday, June 2 from 3:00-4:15 (every first Thursday)

**Instructor:** Janice Sabin

**Location:** SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

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. The group will meet in person on location.

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## 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

### Bereavement Support Group - *on summer break*

**Date and Time:** 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, grievors will receive support, understanding, and compassion. Grievors 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.

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### SeniorsPlus Book Club

**Date & Time:** Wednesday, June 15 from 2:00-3:00 PM

**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, May 11. We will be reading *The Second Life of Mirielle West* by Amanda Skenandore. Read and bring your copy for a guided discussion.

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### Knitting Group

**Dates:** Wednesdays (Ongoing) June 1, 8, 15, 22 & 29

**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!

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### Strength & Balance - *Now at the Ed Center in Lewiston beginning Monday, June 6th.*

**Dates & Times:**

Monday 11:00-11:45 AM

Wednesday 11:00-11:45 AM

Friday 10:15-11:00

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

**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 in-person and masks are required.

## Friday Chair Yoga In-Person & Zoom

**Dates:** Fridays (ongoing) June 3, 10, 17 & 24

**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.

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## Tuesday Chair Yoga In-Person & Zoom

**Dates:** Tuesdays (ongoing) June 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.

## NORWAY AND OXFORD COUNTY CLASSES

### Game Day at Our Norway Office

**Dates & Time:** Wednesday, June 29 from 11:00-1:00PM

**Instructor:** SeniorsPlus Staff

**Location:** Our Norway office at 9 Marston Street Norway, ME

We have lots of games! Let's play cribbage, checkers or chess. Or just cards. Staff will be there to network and talk about all our programs while we play games! Been feeling cooped up and need some socialization? Please come join us. Masks required.

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### Virtual Mat and Chair Yoga

**Dates & Time:** Thursdays (Ongoing) June 2, 9, 16, 23 & 30

**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.

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## Walk-In Technology Clinic at the Norway Office

**Dates & Times:** Wednesday, June 29 from 9:00-11:00 AM

**Instructor:** SeniorsPlus Staff

**Location:** Norway Office, 9 Marston Street Norway, 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!

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## 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!**



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### HL4ME Workshops

Did you know that Healthy Living for ME's evidence-based workshops are now all being offered virtually and in person? Anyone 18 years and older can register online or over-the-phone from anywhere in the state! For those that would prefer to stay home, we have plenty of online workshops held via Zoom that require a device with a microphone and speaker. No device or internet? No problem! We also offer over-the-phone workshops statewide! Most workshops are FREE and include workshop materials that are mailed to participants prior to the start of the workshop.

*Here are some Summer workshops!*

Better Health Now

Date: June 7<sup>th</sup>-July 14<sup>th</sup>

Time: 10-11:00a.m.

Location: via telephone/Zoom

*Description:* Better Health Now is a free, at-home class for those managing one or more chronic conditions, such as asthma, heart disease, cancer, diabetes, high blood pressure, COPD, etc. Topics covered include physical activity, exercise, healthy eating, action planning, making decisions, communication skills, working with your healthcare provider, etc. Participants must pre-register to receive their toolkit workshop materials and work with a trained leader via telephone either one-on-one or in small groups.

Living Well for Better Health

Date: June 7<sup>th</sup>- July 12<sup>th</sup>

Time: 1-3:30p.m.

Location: The Education Center at Seniors Plus

*Description:* This six-week workshop was designed for anyone living with a chronic health condition. Participants learn how to make action plans, read food labels, deal with difficult emotions, and communicate with healthcare providers. 2.5 hours a week for 6 weeks.

Better Health Now

Date: June 9<sup>th</sup>-July 12<sup>th</sup>

Time: 10-11:00a.m.

Location: via telephone/Zoom

*Description:* Better Health Now is a free, at-home class for those managing one or more chronic conditions, such as: asthma, heart disease, cancer, diabetes, high blood pressure, COPD, etc. Topics covered include physical activity, exercise, healthy eating, action planning, making decisions, communication skills, working with your healthcare provider, etc. Participants must pre-register to receive their toolkit workshop materials and work with a trained leader via telephone either one-on-one or in small groups.

To register, call Katherine at 207-440-2390 or visit [www.healthylivingforme.org](http://www.healthylivingforme.org) to view all of our upcoming workshops!

# EDUCATIONAL MOMENT!

## June is Alzheimer's and Brain Awareness Month

Alzheimer's disease is a growing public health crisis in Maine. The impact of Alzheimer's is projected to rise, and the most recent data show:

- 29,000 people aged 65 and older are living with Alzheimer's in Maine.
- 10.5% of people aged 45 and older have subjective cognitive decline.
- 46,000 family caregivers bear the burden of the disease in Maine.
- 69 million hours of unpaid care provided by Alzheimer's caregivers.
- \$1.4 billion is the value of the unpaid care.
- \$212 million is the cost of Alzheimer's to the state Medicaid program.
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These numbers show that a public health approach is necessary to lessen the burden and enhance the quality of life for those living with cognitive impairment and their families.

Learn more about Maine: [Alzheimer's Statistics](#), [Cognitive Decline](#), [Dementia Caregiving](#)

For help from [Maine Chapter \(alz.org\)](#)

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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.

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!

