

Education Center Online

March 2021

Education Center Friends,

We hope that you've remained healthy and well through February. We also hope that your New Year resolutions are being carried into March. If you're like many and finding it hard to believe we are already heading into a new month and you've yet to get started on your goals, we might be able to help. Maybe you're still looking for ways to connect with the people and things that matter most to you - again, that's okay and we can support you in that process. We understand that the past year has been anything but normal as we've had to learn and navigate this digital-world we are now living in.

Whether you'd like to try an online social or support group, Zoom 101, one of our chronic disease self-management programs, or Tai Chi for Health & Balance, we have options for you!

If you've been interested in joining one of our offerings but don't understand how - reach out! We're here to help get you further connected with others online.

We strive to provide a welcoming online space for you to come, socialize, laugh, and learn together. So starting in March, we are implementing our online post-program surveys. 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 or by phone at 207-795-4010.

We will continue to host virtual offerings until it is safe to reopen our physical Education Center.

We hope to "see" you soon!

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.

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.

UPCOMING VIRTUAL EVENT

Fill the Plate Breakfast

Date: Friday, March 19

Time: 7:30-9:00AM

Location: Online/virtual - the event link will be emailed to attendees the week of March 15

Registration: Required by March 17

SeniorsPlus' annual Fill the Plate Breakfast will be virtual this year. Tickets are \$20 per person and will benefit our Meals on Wheels program. Tickets purchased by March 1 will include a goody bag with a raffle ticket for a chance to win door prizes.

Purchase your ticket today at seniorsplus.org/march-for-meals or by calling 207-795-4010.

The keynote speaker will be Richard Blanco, 2013 Presidential Inaugural Poet. He will share selections from his works and thoughts on the theme, "Sustenance: My Food, My Culture, My Elders." Don Harden will also receive the Ikarria Award for outstanding contributions toward improving the lives of older adults.



Please join us for a
unique **virtual** event!
Friday, March 19
7:30 am – 9 am

Tickets are \$20 per person and are available at seniorsplus.org/march-for-meals or by calling 207-795-4010. Advance registration by March 17 required and by March 1 to receive a goody bag with ticket for "door" prizes. Guests will be emailed a link to the online event the week of March 15. Can't attend? Donations gratefully accepted at above link or by mail.

"Corporate Tables" of eight tickets are available for \$250 each. Various sponsorship levels offering complimentary tickets for eight, among other benefits, are also available.



The Fill the Plate Breakfast is presented in conjunction with March For Meals, a national campaign of Meals on Wheels America. Meals on Wheels of SeniorsPlus and its social dining programs served more than 205,000 meals in Androscoggin, Franklin, and Oxford counties in 2020.

The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

ONLINE CLASSES

What is Speech-to-Speech Relay?

Date: Thursday, March 11

Start time: 1:00-2:00PM

Presenter: Debra Bare-Rogers, Disability Rights Maine

Location: Zoom

Speech-to-Speech (STS) is a free service for people with a speech disability. Maine Relay STS provides one-on-one support for telephone calls. A specially trained STS operator simply listens to the conversation and repeats your message, whenever needed.

Video-Assisted Speech-to-Speech (VA-STS) allows a person who has a speech disability to use both a telephone line and a video device to make relay calls. VA-STS provides the STS relay operator with visual communication cues from the STS caller via a one-way video conference connection. These cues may include lip reading, spelling in the air, facial expressions, and other physical movements.

Join us to learn about these no-cost relay services available to Maine residents.

Zoom 101: Using Video Technology to Stay Connected

Date: Friday, March 12 OR 26

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 learning.

Free Financial Literacy Program - Info Session

Date: Tuesday, March 23

Time: 10:00-11:00AM

Instructor: Kendra Wheeler, Branch Manager & Amelia Milligan at Bangor Savings Bank

Location: Zoom

If COVID-19 has taught us anything, it's that we need to be prepared. Not just financially, but mentally. We need to have financial peace of mind so we can take care of our family's health and happiness.

During these trying times, who can you turn to for everyday money decisions? Who listens to your financial goals and helps you make a plan? Who helps you navigate financial obstacles?

Bangor Savings Bank is piloting a new program featuring "financial coaching." No judgement. No product pushing. No forcing you to do anything with your money you don't want to do. Just listening and guidance. But you run the show.

Come join Kendra and Amelia to learn more about their free financial literacy program. Weekly or bi-monthly 30-minute sessions via a phone call or Skype video chat will be provided to those interested in perusing this resource. You can do this by yourself or with a significant other. All your choice.

If you'd like to have someone to talk to about all things money – this is a program you don't want to miss learning more about!

Zooming Together While Physically Apart

Date: Wednesday, March 31

Time: 10:00-11:00AM

Location: Zoom

SeniorsPlus has partnered with River Valley Healthy Communities Coalition and Healthy Oxford Hills 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.

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.



Crafting with Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of March 29 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

With Easter just around the corner, join Corinne and create a cute Easter craft that you can use for gift giving or a table decoration - mini Easter eggs will fit perfectly in these boxes. This month's second project will be a beautiful Easter card to share with a loved one. All supplies provided except adhesive.

Fraud & Scams

Date: Thursday, April 15

Time: 6:00-7:30PM

Presenter: SeniorsPlus Staff

Location: Zoom

This workshop will give you the information needed to determine what is real and what is a scam. 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 to go to report things so others don't become the next victim.

Health Care Advance Directive Planning during COVID Times

Date: Friday, April 16

Time: 2:00-4:00PM

Host Organizations: SeniorsPlus, Androscoggin Home Healthcare + Hospice & St. Mary's Regional Medical Center

Location: Zoom - video and audio required



Join us on this year's National Decision Making Day, April 16, to explore your worries and wishes in relation to healthcare decision making. All from the comfort of your own home, we will use games, resource sharing, and conversation to explore what matters most to YOU.

There will also be time for us to review the Maine Health Care Advance Directive Form. Resources and the Maine Health Care Advance Directive Form will be provided to you through email.

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.

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.

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 through the TeleHealthy Program. 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.

Year 2 (July 1, 2020 - June 30, 2021) This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP330800200, Geriatrics Workforce Enhancement Program, Year Two-total award amount \$754,907.00. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by, HRSA, HHS or the U.S. Government.

CAREGIVER GROUPS & RESOURCES

Caregiver Support Groups

Dates & Times:

Monday, March 8 from 5:30-7:30PM

Thursday, March 25 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, March 1

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.



Grieving Between the Lines

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.

Virtual Knitting Group

Dates: Every other Wednesday - March 10 and 24

Time: 5:00-6:00PM

Group Lead: SeniorsPlus Staff

Location: Zoom

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

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!



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

Better Health Now with Diabetes Toolkit

Date: Thursdays, March 4 through April 8

Time: 9:00-10:00AM, 11:00-12:00PM, OR 1:00-2:00PM

Location: 1-1 Telephonic or Zoom

Cost: FREE

Better Health Now 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 toolkit materials in the mail prior to starting the workshop.

Tai Chi for Health & Balance through Zoom

Date: Mondays/Wednesdays, March 8 through May 12

Time: 3:00-4:00PM

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.

Better Health Now with Pain Toolkit

Date: Tuesdays, March 9 through April 13

Time: 9:00-10:00AM OR 11:00-12:00PM

Location: 1-1 Telephonic or Zoom

Cost: FREE

Better Health Now with 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 toolkit materials in the mail prior to starting the workshop.

Living Well with Chronic Pain through Zoom

Date: Thursdays, April 8 through May 13

Time: 1:00-3:30PM

Location: Zoom

Cost: FREE

Now offering Living Well with Chronic Pain through Zoom! This class is designed for people

who are living with chronic pain. The workshop offers strategies for dealing with its symptoms. 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 will receive all workshop materials in the mail prior to the start of the workshop.

Better Health Now with Diabetes Toolkit

Date: Wednesdays, April 21 through May 26

Time: 9:00-10:00AM OR 11:00-12:00PM

Location: 1-1 Telephonic or Zoom

Cost: FREE

Better Health Now 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 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 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 or email edcenter@seniorsplus.org to get started today!

We look forward to hearing from you!

EDUCATIONAL MOMENT!

National Nutrition Month

March is National Nutrition Month. If you're in need of some support in improving your nutrition, one of our chronic disease self-management programs could help!

We also encourage you to visit The Academy of Nutrition and Dietetics to learn more and access resources. For more information, visit [eatright](http://eatright.org).

