

Education Center Online

November 2021

Smart Device Walk-In Clinic

SeniorsPlus is partnering with Lewiston Girl Scout Troop # 135, in offering a Smart Device Walk-In Clinic on Wednesday, November 17 from 6:30-8:00 PM.

What is bugging you about your phone that you just can't figure out? Bring it in and let one of our girl scouts help troubleshoot with you.

We can help you to:

- Adjust your screen brightness
- Download apps
- Change font size
- Use zoom or Facetime
- Set alarms
- Enable hearing aid mode
- Turn on voice dial
- Turn on LED flash for alerts
- Enable Find my iPhone

Or anything else you may want help with! Anything goes. Who better to help than the teenagers involved in Girl Scout Troop #135? This troop is based in the Lewiston/Auburn area. Troop leaders Amy and Tracy say their members, "Enjoy helping in their community with people of all ages." The Scouts say, "Helping our community allows us to use our leadership skills and get a strong sense of the needs of our community while becoming strong, independent women."

No appointment is necessary. We will require masks, social distancing, and a limit of ten people in the Education Center. There will be a waiting room if we are at capacity.

This is a walk-in clinic but if you would like to call or email ahead of time, please do.

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

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 & 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.

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 January 1, 2022.*

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, November 8 from 5:30-7:00 PM

Thursday, November 18 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

Bereavement Support Group

We are currently in the process of revamping our

grief support group. Stay tuned for details. Feel free to sign up for updates to stay informed or put your name on the waiting list.



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! The focus of this book club will be 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.

SeniorsPlus Book Club

Date & Time: Wednesday, November 10 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, November 10. We will be reading *THE EXILES* By Christian Baker Kline. Read and bring your copy for a guided discussion.

SeniorsPlus is looking for more book club ideas! Have any ideas? Have you read a great book and want to talk about it with others? Send us your ideas - fiction, nonfiction, any genre - and we can help put a club together and get people there.

Knitting Group

Dates: Wednesdays (Ongoing) November 3, 10, 17

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

Date: Fridays (ongoing) November 5, 12, 19

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.

Smart Device Clinic-- NEW

Date & Time: November 17, 6:30-8:00PM

Instructor: Girl Scout Troop #135 and SeniorsPlus Staff

Location: 8 Falcon Road, Lewiston ME

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No appointment is necessary. We will require masks, social distancing, and a limit of ten people in the Education Center. There will be a waiting room if we are at capacity.

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HEALTHY LIVING FOR ME

HL4ME has launched multiple virtual 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 comprehensive list of ALL the workshops being offered across the state, most 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.

Living Well with Chronic Pain
Wednesdays, November 3rd- December 8th.
9-11:30a.m.
Via Zoom.

This class will be offered virtually via Zoom. All participants must pre-register to receive the Zoom class link. Participants must have access to a device (tablet, smartphone, computer, laptop) that has a microphone (audio) as well as a webcam (video). This class is sponsored by SeniorsPlus and Healthy Living for ME.

Living Well Programs:

Living Well for Better Health

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.

Living Well with Chronic Pain

This six-week workshop is for anyone experiencing chronic pain that has lasted longer than 3-6 months. Participants learn how to use their mind, manage symptoms, improve communication, and become more active. 2.5 hours a week for 6 weeks.

Living Well with Diabetes

This six-week workshop helps people with type 2 diabetes learn a variety of day-to-day self-management skills like monitoring blood sugar, healthy eating, exercise, foot care etc. 2.5 hours a week for 6 weeks.

Better Health Classes:

Includes Better Health Now, Better Health Now with Pain, and Better Health Now with Diabetes. These six-week workshops are shortened versions of the Living Well workshops that are taught in groups of 4 or 1:1 over the phone. Cannot be done in-person or via Zoom.

Better Health Now with Diabetes

Better Health Now with Diabetes is a free, at-home class for those who have type 2 diabetes or have been diagnosed as pre-diabetic. 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. Topics covered include healthy eating, monitoring blood glucose, foot care, exercising, etc.

Better Health Now with Pain

Better Health Now with Pain is a free, at-home class for those managing pain that has lasted longer than 3-6 months. Topics covered include: using your mind to manage symptoms, healthy eating, pacing and planning physical activity, communicating with family and health care providers, 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.

Better Health Now

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.

Falls Prevention Programs:

Tai Chi for Health and Balance

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better. Meets twice a week for 10 weeks. Price: \$20.

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Twice a week for 2 hours. Lasts 4 weeks.

Caregiving Classes:

Savvy Caregiver

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. Meets once a week for six weeks for two hours.

EDUCATIONAL MOMENT!

Ten Seconds of Gratitude

I recently watched Fred Roger's Emmy acceptance speech from 1997. Standing before the cameras and celebrities, he was modest and thankful. He then asked the crowd for ten seconds of silence to honor those that helped each one of them to get to this point in their lives. The stars were humbled, some cried. It is hard to believe that such a simple exercise in gratitude can have such a major impact.

Thanksgiving time is upon us. It is my favorite holiday. It is simple, uncomplicated, and involves two of my favorite things - food and family. Unlike Christmas, with the pressure of gift buying or traveling, there is usually not too much to get stressed about. (Although

Thanksgiving 2021 may be the most expensive one in history due to supply chains.) Over that long weekend, there is usually time to rest, recharge and reconnect.

The reason for this holiday is to give thanks. This is not always an easy thing to do. It can be hard. Some days can be hard and stressful just trying to get the bills paid, make appointments, feed yourself and others. Spend any time on social media and the world feels like a mess, nobody is getting along, everyone is out for themselves. How does gratitude change things? When we feel grateful, we feel full. We feel full of love, hope, goodwill. Sometimes it is difficult to find the light in life when things look or feel bleak, but taking just a moment to recognize and feel gratitude can start to shift our perspective. There's actual research that feeling gratitude can reduce the risk of heart disease.

Although saying "thank you" is excellent practice, there are a few ways to go deeper:

A Gratitude Journal: a simple tool, nothing fancy— just recognizing 3 things each evening before bed and writing them down.

Thank You Cards: in our digital age texting a thank you may be the simplest way to communicate. I have always valued thank you cards and write them myself. Instant gratification and expectation is a tough habit to break and writing things out in a personal note can open up a stronger awareness.

Gratitude Alphabet: Write down the letters of the alphabet and write down something we are grateful for that begins with each corresponding letter.

These are 3 simple things that can be incorporated in daily life and can foster an open heart so that kindness comes naturally. Or do what Mister Rogers suggested and take ten seconds to honor those that brought you to where you are right now.

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!

SeniorsPlus | seniorsplus.org

