

# Education Center Online

November 2020

Education Center Friends,

It's hard to believe that November is here and 2021 is right around the corner! We've missed seeing you in the Education Center but have enjoyed connecting with you virtually. We will continue to host virtual offerings until it is safe to reopen our physical Education Center.

We have multiple classes and groups happening in November (see below) and hope you'll consider joining some! We're also working hard to schedule 2021 programming for you. If you're interested in taking Tai Chi for Health & Balance, one of our chronic disease self-management workshops, and/or others please contact us. If there is a specific class topic you'd like to see offered, please don't hesitate to reach out.

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.

Stay healthy and well,

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.

## ONLINE CLASSES

### Zoom 101: Using Video Technology to Stay Connected

**Date:** Tuesday, November 3

**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' 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. 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.

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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.



## 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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## Virtual Veteran's Day Ceremony

**Date:** Wednesday, November 11

**Start time:** 10:45AM

**Presenter:** Androscoggin Home Health Care + Hospice

**Location:** Zoom



Join Androscoggin Home Health Care + Hospice for their virtual Veteran's Day ceremony. Their Veteran volunteers will take turns leading the ceremony and reading poems before coming together for a group salute.

This virtual ceremony is open to anyone who would like to tune in, however, for any Veterans that will be joining, we would love to learn your branch and ranking to include in a slideshow as part of our ceremony if you are comfortable providing that information.

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## AT&T Cyber Aware Webinar Tech Training

**Date:** Thursday, November 12

**Start time:** 11:00AM

**Instructor:** Ryan Clark, Regional Director of VT External Affairs & Michael Hartigan, Director of Public Affairs - New England

**Location:** Zoom

AT&T experts host an interactive training session about how older adults can stay safe in a digital world while taking full advantage of the latest connected technology and devices. This will be a 20-30 minute presentation with time for a Question and Answer session to answer any and all device related questions.

As life shifts online and we take advantage of connected technology like smart phones, tablets, and other devices to virtually engage with colleagues and loved ones, we all need to be aware of potential risks. The good news is we are here to provide simple, fast steps that we can all use to protect against scams, fraud, robocalling and more.

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## Zoom 101: Using Video Technology to Stay Connected

**Date:** Wednesday, November 18

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

**Instructor:** SeniorsPlus Staff

**Location:** Zoom

In November, we will be running our second Zoom 101 class on Wednesday the 18th. If the typical Tuesday schedule has not worked for you, we welcome you to join us for this 1-hour class to become more familiar on how to use Zoom. Whether you'd like to participate in other SeniorsPlus online offerings, need to connect with providers through telehealth, or are interested in seeing family/friends - this is the class for you!

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## Crafting with Corinne

**Date:** Wednesday, November 25

**Time:** At your convenience

**Instructor:** Corinne Saindon

**Location:** Pre-recorded video/instructions

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

Let's create a festive Christmas card and fun 2021 calendar. All materials provided for each project. Class size is limited to 10.



## GROUPS & EXERCISE

### Coffee & Comfort - Bereavement Support Group

**Date:** Monday, November 2  
**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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### Virtual Knitting Group

**Dates:** Every other Wednesday - November 11 & 25  
**Time:** 5:00-6:00PM  
**Group Lead:** SeniorsPlus Staff  
**Location:** Zoom

Join our knitting group to work on your own project while socializing!

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### Caregiver Support Groups

**Dates & Times:**  
Monday, November 9 from 5:30-7:30PM  
No Thursday morning group in November and December due to the holidays  
**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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### 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

**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!**



### Tai Chi for Health & Balance

**Date:** workshop series will meet twice weekly for 8 weeks

**Time:** 1 hour per session/class

**Location:** Zoom

**Cost:** \$20.00 effective October 1, 2020

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. Workshops are limited to 10 participants.

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### Better Health NOW!

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

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### Better Health with Diabetes

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Similar to Better Health NOW, Better Health 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 Better Health with Diabetes toolkit materials in the mail prior to starting the workshop.

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## Better Health with Chronic Pain

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary

**Location:** 1-1 Telephonic or Zoom

**Cost:** FREE

Similar to Better Health NOW and Better Health with Diabetes, Better Health with Chronic 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 Better Health with Chronic Pain toolkit materials in the mail prior to starting the workshop.

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## Living Well Workshops through Zoom

**Date:** workshop series will meet once weekly for 6 weeks

**Time:** will vary (approximately 2 hours per class)

**Location:** Zoom

**Cost:** FREE

Now offering Living Well with Chronic Pain, Living Well with Diabetes, and Living Well for Better Health workshops through Zoom! Each workshop will cover a series of topics, some overlapping and some specific to the chronic condition of the workshop. If you're looking for help with managing your chronic conditions and would like to connect with others, these programs are for you!

## 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), 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!**

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