

# Education Center Online

October 2021

Education Center Friends,

Let your unique voice be heard!

SeniorsPlus is hosting a Healthy Living for ME (HL4ME) statewide Listening Session.

HL4ME has already reached over 650 people through online responses and strives to reach even more. By attending a Listening Session, it allows HL4ME and its partners to obtain the information needed to best serve and support all Mainers! HL4ME seeks to gain information 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)

Join us to take part in a **facilitated discussion** and support this project; HL4ME wants to hear from you and your experiences!

**Date: Tuesday, October 26**

**Timeslot #1: 9:00-10:30am**

**Timeslot #2: 10:30-12:00pm**

**Timeslot #3: 12:00-1:30pm**

Location: SeniorsPlus' Education Center, Lewiston, ME

We hope you can make it. We would love to see you!

Not available to join us in person? Email [info@healthylivingforme.org](mailto:info@healthylivingforme.org) to register for a virtual session and receive the Zoom meeting invitation or request the link to complete the virtual survey (open for responses now through October 6).

#### Virtual/Zoom Schedule

1. Tuesday, October 5 from 3:00-4:30pm
2. Thursday, October 7 from 10:00-11:30am
3. Friday, October 15 from 2:00-3:30pm
4. Wednesday, October 20 from 9:00-10:30am

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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.

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**New Class Alert - Paint and Take with Yvonne**  
**In-Person, Oct 12, Education Center --see *more below*.**

## 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.

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### 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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## 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.



## 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, AARP is offering the program online only at this time. It is a four-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. It costs less than 30.00 and there are discounts for AARP members and the occasional coupon.

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## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups

**Dates & Times:**  
Monday, October 11 from 5:30-7:00PM  
Thursday, October 28 from 8:00-10:00AM  
**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.

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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.

## Coffee & Comfort - Bereavement Support Group

**Date & Time:** Monday, October 11, 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! 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.

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## SeniorsPlus Book Club

**Date & Time:** Wednesday, October 13 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, October 13. We will be reading *THE BOOK WOMAN FROM TROUBLESOME CREEK* By Kim Richardson. 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.*

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## Paint and Take with Yvonne -- *NEW CLASS*

**Date & Time:** Tuesday, October 12, 9:00 - 11:30AM  
**Instructor:** Yvonne Allen  
**Location:** In person at SeniorsPlus, 8 Falcon Road, Lewiston, ME  
**Cost:** \$18.00 fee for materials

Love to paint? Join us for this class and make the image on the right. Yvonne provides it all and you take it home with you. The cost is 18.00 per person. Space is limited to nine participants. All supplies provided. The teacher will provide everything! Come and have some fun.



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## Knitting Group

**Dates:** Wednesdays (Ongoing) October 6, 13, 20, 27  
**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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## Total Strength & Balance - *NEW LOCATION*

**Dates & Times:**  
Mondays 10:00-10:45

Wednesdays 10:00-10:45

Fridays 10:00-10:45

**Instructor:** Linn Morin, Certified Trainer

**Location:** Auburn Mall, 550 Center Street, Auburn, ME 04210

Come to the TD Banks side of the mall. Plenty of parking.



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.

To register or for more information, call Linn at 523-9055.

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## Chair Yoga In-Person & Zoom

**Date:** Fridays (ongoing) October 1, 8, 15, 22, 29

**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 exchanged directly with Mary.

**Must-haves:** If on Zoom: computer, laptop, or tablet; sturdy chair on 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.

## 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](http://www.healthylivingforme.org) for more details.

If you have any questions or would like to register, please contact Katherine at 207-440-2390.

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### 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.

#### 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.

#### 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.

### Toolkit Classes (via telephone):

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.

#### Toolkit: Better Health Now with Diabetes (via telephone)

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

workshops and materials to 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.

Toolkit: Better Health Now with Pain (via telephone)

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.

Toolkit: Better Health Now (via telephone)

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.

Enhance Fitness (only currently offered in-person at Waterville YMCA)

EnhanceFitness is a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility – everything older adults need to maintain health and function as they age.

**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.

Building Better Caregivers

The six-session Building Better Caregivers Program helps caregivers of all types (family, formal, informal, etc.) better understand and navigate the changes their loved ones are experiencing. This program helps caregivers who are assisting loved ones through memory loss or dementia, as well as those providing care to individuals with Traumatic Brain Injury (TBI) or Post Traumatic Stress Disorder (PTSD). Participants of the workshop will learn how to identify and deal with their care partners' triggers around behaviors, how to track this information through the use of a Behavior Diary, and more. Additional topics include managing caregiver stress, making decisions and planning for the future, communicating effectively with family, friends, and health professionals, legal issues related to caregiving, hiring help, and much more.

**Other Classes:**

Health Matters

Health Matters is an evidence-based health promotion program for people with intellectual and developmental disabilities (IDD) and their supports in health-friendly communities. The HealthMatters™ program engages people with IDD and their supports to have access to research, education and training, service-learning, and evaluation tools to improve their health where they live, work, learn and play. The 6-hour training provides structured information on how to organize and start a tailored physical activity and health education program for people with intellectual and/or developmental disabilities (IDD) in community-based residential and day/vocational agencies. The training can enhance staff's skills, knowledge, and abilities to work with persons who have disabilities to become more physically active, make healthy food choices, and incorporate a healthy lifestyle into daily living.

Living Well with HIV

Living Well with HIV is a six week, small group workshop in which participants learn several techniques to help them self-manage their HIV, such as: implementing consistent medication regimens, techniques to deal with fear, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, communicating effectively with family, friends, and health professionals, nutrition, evaluating symptoms, advanced directives, sex, intimacy and disclosure, etc.

# EDUCATIONAL MOMENT!

## SENIORS AND SMARTPHONES: IT'S COMPLICATED!

Do you have a good relationship with your phone? Maybe it's love/hate, maybe it's complicated.

Over the past few months, I have talked to an array of seniors that run the gamut with their relationship with smartphones or devices. Here are a few that stand out. One man had a new phone that he got for Christmas. It was still new in the box. He did not know what to do with it. One woman had to delete Facebook from her phone because she was on it for hours a day and wasn't getting anything done. One gentleman had a smartphone but switched to a basic flip phone because he realized he just wanted to make the occasional call. And of course, I talk to folks who still rely on their landlines only. And some folks have cut the cord and rely on smartphones only. It really is a matter of personal preference.

I admit it can be hard watching all these young people glued to their phones all day. I am both envious of their comfort level and distressed about how much they are missing out on the world around them. No one is ever fully present when on their phone. Nonetheless, I would like to be more confident with my cell phone. Over a third of all seniors don't feel confident. Sometimes poor motor skills or poor eyesight are factors.

We at SeniorsPlus realize how important it is to stay connected. Many of our education center classes are held virtually as are many of our one on one assistance programs such as help with Medicare applications. Most people appreciate the ease of access and not having to go out.

To help you stay connected, SeniorsPlus offers two programs.

**iPad Loaner Program:** We will lend you an iPad and teach you how to use it. You can use it for taking classes, staying in touch with family, or doing the crossword puzzle to keep your brain fit. For more info, call Gus at 207-753-6143.

**Walk-in Smartphone Clinic:** Starting in November, we will be hosting a smartphone clinic. We can help you with anything big or small: adjusting screen brightness, confirming doctor's appointments, tracking steps, you name it!

If you do have a smartphone, I would like to propose doing three things to help your health.

1. Keep track of your medications. There are dedicated apps that remind you when to take your medications but you can also use your phone's calendar. Just set an alert for each time of day you want to be reminded. It can be once, twice, or any multitude of times a day.
2. Track your Fitness. Most phones are already doing this for you with a built-in app. Do you know the experts say seniors should get 30 minutes of moderate-intensity exercise five days a week? That is 7,000 steps a day.
3. For emergencies. We should all set an emergency contact in our phones in case something happens to us. Help out the first responders with an ICE contact. ICE stands for In Case of Emergency. Put the letters "ICE" before someone's name in your address book.

It is never too late to increase your comfort level with technology. Both you and technology are going to have a long relationship. Let's not make it too complicated!

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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!

