

Education Center Online

October 2020

SeniorsPlus Education Center Friends,

We miss you but have enjoyed seeing and hearing from many of you virtually over the past 6 months. It seems like yesterday that we implemented our online offerings to keep us connected while remaining distance. The good news is, we're not stopping now. We will continue to host virtual offerings until it is safe to reopen our physical Education Center.

There's still time to reach out if you're interested in participating in one of September's offerings. We also have multiple classes and groups happening in October (see below) and hope you'll consider joining some! If there is a topic you're looking for specifically 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 or by phone at 207-795-4010.

Stay healthy and well,

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.

ONLINE CLASSES

Zoom 101: Using Video Technology to Stay Connected

Date: Tuesday, October 13

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.

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.

Infection Control for COVID-19 & the Flu Season

Date: Wednesday, October 14

Time: 1:30-3:00PM

Instructor: Beacon Hospice Staff

Location: Zoom

Come review ways to boost your immune system and avoid illness during the winter months! In this presentation, we will review how we get sick and identify healthy habits to decrease your risk for COVID-19, Pneumonia, Influenza, and the Common Cold. We will also discuss how to communicate with your physician and caregivers to help diagnosis your illness.

Writing Your Life Story

Date: Wednesdays, October 14-November 18

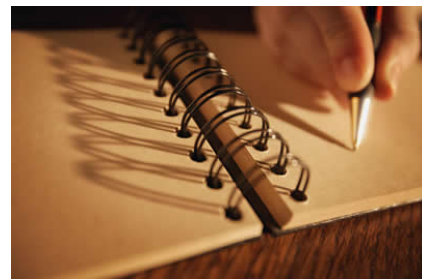
Time: 9:00-11:00AM

Instructor: Connie Jones, Surprised by Aging

Location: Zoom

Class limited to 8 people

We've all got stories! Wouldn't it be great if we wrote them down – for ourselves and our families and friends? This informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all!



Legal Services for the Elderly: An Overview & COVID-19 Update

Date: Thursday, October 22

Time: 10:00-10:45AM

Instructor: Andrew Milne, LSE Staff Attorney

Location: Zoom

Join Andrew on Zoom to learn all about Legal Services for the Elderly, their services, Helpline, and how they are still here for our community through COVID-19. Learn what they can help you

with and who to call for areas outside their specialty, such as estate planning. Andrew will also provide a brief update on courts, evictions, and foreclosures during the pandemic. Since the process has been changing rapidly and is confusing, the information may help orient you to the change.

Crafting with Corinne

Date: Wednesday, October 28
Time: At your convenience
Instructor: Corinne Saindon
Location: Pre-recorded video/instructions
Cost: \$5.00 for 2 project kit



In this class, you will create a holiday pull treat holder and coordinating card. Class material cost is \$5.00. All materials provided for each project. Class size is limited to 10.

Tai Chi Skills Session

Date: Friday, October 30
Time: 10:00-11:00AM
Instructor: SeniorsPlus Staff
Location: Zoom

Join SeniorsPlus staff and volunteers for an hour of Tai Chi practice together. Whether you took a Tai Chi program with us years ago or just ended a workshop, we welcome you to join us and look forward to it!

GROUPS & EXERCISE

Virtual Knitting Group

Dates: Every other Wednesday - October 14 & 28
Time: 5:00-6:00PM
Group Lead: SeniorsPlus Staff
Location: Zoom

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

Coffee & Comfort - Bereavement Support Group

Date: Monday, October 5
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.



Navigating Grief & Healing || A Six-Week Support Group

Dates: Wednesdays, October 21-November 25

Time: 2:00-4:00PM

Instructor: Beacon Hospice Staff

Location: Zoom or Telephone

If you have experienced the loss of a spouse or life partner, facing the holidays and increased isolation due to the pandemic can be challenging. Please consider connecting with us for this closed widows/widowers group. We will meet once per week for six consecutive weeks. Each meeting will provide a space to share pictures and memories of your loved one as well as explore grieving over the holidays. Making connections while providing support.

Caregiver Support Groups - NEW SCHEDULE BELOW!

Dates & Times:

Monday, October 12 from 5:30-7:30PM

Thursday, October 29 from 8:30-10:00AM

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.

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

Tai Chi for Health & Balance

Date: workshop series will meet twice weekly for 8 weeks

Time: 1 hour per session/class

Location: Zoom

Cost: fee to resume in October

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.

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.

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.

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.

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 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!

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