

# Education Center Online

September 2021

Education Center Friends,

Here at SeniorsPlus we are committed to anti-ageism. We envision a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. What a powerful statement.

What is ageism?

The term has been around since the 60s but is just now coming into the news a lot. It has been called the last socially sanctioned prejudice. Has anyone (or even yourself) assumed that you are "too old" for something - a job, a relationship, a task, a new outfit?

Ageism: Stereotyping and discriminating against individuals, or groups, on the basis of their age; a tendency to view older persons as debilitated, unworthy of attention, or unsuitable for employment.

Ageism perpetuates powerful and pervasive stereotypes that demean the individual and impact quality of life. We see it in the media a lot, on social media and in the workplace.

Here at SeniorsPlus we are in a unique position to positively influence perceptions about aging in a variety of ways - being mindful of the language and messaging we use around aging and taking steps toward eliminating ageist attitudes, behaviors, and words from our vocabulary. We do this by shifting the way we talk and write about older adults and the aging experience with a focus on person-centered values.

Person-Centeredness: A way of thinking and doing things that strives to put the person first. Person-centeredness, or person-directedness represents a shift from a medical model to a relationship-based model. When we talk about person-centered language, it is important to reflect not only on the words we use, but also on our attitudes and behaviors toward older adults to ensure we are being inclusive and honoring the individuality, wisdom, abilities, and dignity of each person.

Be Mindful: Person-centeredness requires us to be mindful of the ways we choose to see and connect with others. The more mindful we become, the better we are able to identify and interrupt ageism in our professional and personal lives.

Quick Tips:

- Avoid stereotypes and generalizations, both in the negative and positive extremes, in language and images (e.g. image of a 100-year-old running a marathon).
- When describing individuals, use the noun before the adjective (e.g. person with a disability vs. disabled person).
- Avoid language and images that equate young with positive and old with negative (e.g. she's 70-years-young).
- Embrace the entire spectrum of the lived experience through words and images (e.g. show people using assistive devices and those without visible physical disabilities).

Help us promote the anti-ageism message by being aware of how you use your words. When we have more respect for others and their experiences, it helps us value our own experiences more.

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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 & 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.



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## 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.

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## CAREGIVER GROUPS & RESOURCES

### Caregiver Support Groups

**Dates & Times:**

Monday, September 13 from 5:30-7:00PM

Thursday, September 30 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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CARES Dementia Family Training - *Expiring soon!*

**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](http://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

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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.

## OTHER GROUPS AND EXERCISE

### Coffee & Comfort - Bereavement Support Group

**Date & Time:** Monday, September 13, 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, September 15 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, September 15. We will be

reading THE VICTORY GARDEN by Rhys Bowen. 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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## Crafting with Corinne

**Date & Time:** Wednesday, September 29 from 2:00-3:30PM

**Instructor:** Corinne Saindon

**Location:** Online

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

Have trouble finding the right card for your situation? Not sure what to give as a gift? This month, we will create a wonderful all occasions card and gift card holder. All supplies provided except adhesive.



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## Knitting Group

**Dates:** Wednesdays (Ongoing) September 1, 8, 15, 22, 29

**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

**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.

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## Chair Yoga In-Person & Zoom

**Date:** Fridays (ongoing) September 3, 10, 17, 24

**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.

**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 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 works best for you and your schedule. You may also visit our website at [www.healthylivingforme.org](http://www.healthylivingforme.org) for a statewide schedule of programs.

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

More HL4ME classes coming soon!

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## Living Well with Chronic Pain

**Dates:** Tuesdays, September 14<sup>th</sup>- October 19<sup>th</sup>

**Time:** 2-4:30p.m.

**Location:** Auburn Recreation Department, 40 Pettengill Park, Auburn ME 04210

**Cost:** Free

This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their 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.

Notes: This class is provided by SeniorsPlus and Auburn Recreation. This class will take place in person. Social distancing will be in effect. To register, call Auburn Rec at 207-333-6601x 2108.

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## A Matter of Balance

**Dates:** Mondays/Wednesdays, September 15<sup>th</sup>-October 13<sup>th</sup> (No Class October 11<sup>th</sup>)

**Time:** 9:00-11:00a.m.

**Location:** Education Center, SeniorsPlus, 8 Falcon Road, Lewiston, ME 04240

**Cost:** Free

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.

Notes: This class will take place in person at the Education Center at SeniorsPlus in Lewiston. All attendees will be required to social distance and wear masks. This class is brought to you by SeniorsPlus and Healthy Living for ME. There will NOT be a class on October 11th.

## 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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## What Is an Age-Friendly Health System?

According to the US Census Bureau, the US population aged 65+ is expected to nearly double over the next 30 years. These demographic advances, however extraordinary, have left our health systems behind as they struggle to reliably provide evidence-based practice to every older adult at every care interaction.

Age-Friendly Health Systems is an initiative of The John A. Hartford Foundation and the Institute for Healthcare Improvement (IHI), in partnership with the American Hospital Association (AHA) and the Catholic Health Association of the United States (CHA), designed Age-Friendly Health Systems to meet this challenge head on. The goal of the initiative is to rapidly spread the 4Ms Framework to 20% of US hospitals and medical practices by 2020.

Age-Friendly Health Systems aim to:

- Follow an essential set of evidence-based practices;
- Cause no harm; and
- Align with What Matters to the older adult and their family caregivers.

## What Does It Mean to Be Age-Friendly?

Becoming an Age-Friendly Health System entails reliably providing a set of four evidence-based elements of high-quality care, known as the “4Ms,” to all older adults in your system: What Matters Most, Mind, Mobility and Medicines. Think of these as (a) four opportunities for greater health and (b) four areas of greatest risk for disability in older adults.

- what **Matters** most (to you): what are your goals and preferences, planning for the care that you want.
- your **Mind** and memory: monitor mental and cognitive well-being, address changes, prevent or manage dementia, depression or delirium, how to keep your mind sharp.
- your **Mobility**: balance and walking: move safely every day, make your home safe from falls, set goals for yourself
- your **Medicines**: review your high-risk medication use, de-prescribe if needed, ensure medications don't interfere with other **Ms**

The 4Ms — What Matters, Medication, Mind and Mobility — make care of older adults, which can be complex, more manageable. The 4Ms identify the core issues that should drive all decision making in the care of older adults. They organize care and focus on the older adult's wellness and strengths rather than solely on disease. The 4Ms are relevant regardless of an older adult's individual disease(s). They apply regardless of the number of functional problems an older adult may have, or that person's cultural, racial, ethnic, or religious background.

The 4Ms are a framework, not a program, to guide all care of older adults wherever and whenever they come into contact with your health system's care and services. The intention is to incorporate the 4Ms into existing care, rather than layering them on top, in order to organize the efficient delivery of effective care.

Think of your 4Ms the next time you meet with a medical provider. This framework can help your providers help you to meet your needs. Care can be complicated; this model can help us simplify how we think about our care.

