



# Education Center Schedule

September 2022

## National Preparedness Month

Each September is National Preparedness Month. This is the government's effort to raise awareness about having a preparedness plan in place for disasters and emergencies that can happen at any time.

The goal for National Preparedness Month is quite clear.

"A secure and resilient nation with the capabilities required across the whole community to prevent, protect against, mitigate, respond to, and recover from the threats and hazards that pose the greatest risk."

Since September 11, 2001 the US government has been encouraging all citizens to have some survival preparations. By 2016, 75% of households have some emergency supplies on hand. However, less than 50% of American households have an emergency plan. Having a plan is a major key when disaster strikes.

No matter where you live, you are prone to the potential for disaster. Natural or man-made disasters affect everyone and can lead to severe damage or life threatening circumstances.

The theme for 2022 (from [ready.gov](https://www.ready.gov)) is: A Lasting Legacy— "The life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family. This year's announcements are being released throughout the country to get preparedness information out to underserved communities.

Natural disasters are things such as hurricanes, tornadoes, fires, floods, pandemics, extreme heat or cold and can damage people and property. Man-made disasters are things like famine, terrorism, cyber attacks, war, power outages, etc.

Preparations is something that provides a safety net for you and your family.

There are four steps to emergency preparedness — Mitigation, Preparedness, Response, and Recovery

The first step when preparing for yourself and your family is to ensure you have enough food and clean water on hand for a few days. You want to make sure you have shelf-stable, easily stored and prepared food. Experts recommend 1 gallon of water per person, per day.

The next step is to store away some essential items:

- Utensils
- Propane stoves or grill
- Matches
- Candles
- Blankets
- First Aid Kit
- Batteries and flashlights
- Non perishable food
- Extra clothes
- Cash
- Valuable Personal Property

Another piece of important preparedness is to make sure your insurance policies are up-to-date and cover personal property. There are many websites that outline best ways to begin preparing for these types of disasters. FEMA, National Oceanic and Atmospheric Administration, the CDC, and Red Cross are great first-line resources.

When making a plan for your family, make sure to have a designated meeting place and all family members have important phone numbers memorized. Run mock safety drills so that every member of the family feels secure with that the plan entails.

Preparedness is a community effort, and the more prepared we are individually, the better the community as a whole will fare in light of disaster.

Natural disasters are on the rise— in 2019 alone, 67,504 weather-related problems — like flash floods, tropical storms, and heatwaves were reported.

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.

### 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.

### Fraud & Scams Prevention Workshop: *AARP Fraud Watch Network*

**Date & Time:** At your convenience

**Presenter:** SeniorsPlus Staff

**Location:** Online video

Every year, one in ten seniors fall victim to scams and fraud. The number is most likely higher because many scammed seniors are embarrassed and afraid to report it to the authorities or to their families. Keep yourself and your loved ones safe. Don't be a statistic. This workshop will give you the information needed to protect yourself and your loved ones. Do you know the top scams in Maine? Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention and Resources. Become a fraud fighter instead of a fraud victim. Content from AARP Fraud Watch Network.

### 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.



## Caregiver Support Groups - *New at all 3 locations*

### Lewiston:

**Dates & Times:** Monday, September 12 from 5:30-7:00 PM (every second Monday)

**Facilitator:** Dana Morrell

**Location:** Lewiston office at 8 Falcon Rd, Lewiston

### Norway:

**Date and Time:** Thursday, September 22 from 2:30-4:00 PM (every fourth Thursday)

**Facilitator:** Valerie Cole

**Location:** SeniorsPlus Norway office at 9 Marston Street, Norway

### Wilton:

**Date and Time:** Thursday, September 1 from 3:00-4:15 (every first Thursday)

**Facilitator:** Janice Sabin

**Location:** SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

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. The group will meet in person on location.

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## Kinship Support Group- New!

### Wilton:

**Date and Time:** Thursday, September 15th from 6:00 PM -7:30 PM

**Facilitator:** Cyndi Dolloff

**Location:** SeniorsPlus Wilton office, 284 Main St., Suite 210, Wilton

Provided by Adoptive & Foster Families of Maine, Inc. & The Kinship Program  
NO childcare is provided at this time. This meeting is led by Cyndi Dolloff, AFFM Trainer, Facilitator and Resource Parent. RSVP by calling Brigid at 207-827-2331 or email [brigid@affm.net](mailto:brigid@affm.net)

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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.

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## OTHER GROUPS AND EXERCISE

### Bereavement Support Group - *on summer break*

**Date and Time:** TBD

**Location:** Education Center, 8 Falcon Road, and Zoom simultaneously

SeniorsPlus is pleased to support a Bereavement Support Group. To be held in-person and virtual, this once-a-month group meeting will provide a safe place for those that want to connect with others who understand what they are going through. And who are looking for ways to find meaning and purpose in life without the presence of their loved one. At these meetings, grievors will receive support, understanding, and compassion. Grievors will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers and receive support that can help with the grieving process. We will provide a safe place. A grief support group is not a substitute for professional care for depression.

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## SeniorsPlus Book Club

**Date & Time:** Wednesday, September 14 from 2:00-3:00 PM

**Facilitator:** Mary Anne Courbron

**Location:** In person at SeniorsPlus, 8 Falcon Road, Lewiston, ME

SeniorsPlus Book Club will be meeting at 2:00 pm on Wednesday. We will be reading *Home* by Marilynne Robinson. Read and bring your copy for a guided discussion.

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## Knitting Group

**Dates:** Wednesdays (Ongoing) September 7, 14, 21 & 28

**Time:** 4:30-7:30PM

**Facilitator:** 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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## Strength & Balance - Now at the Ed Center in Lewiston

**Dates & Times:**

Monday 11:00-11:45 AM

Wednesday 11:00-11:45 AM

Friday 10:15-11:00

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

**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 in-person and masks are required.

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

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## Friday Chair Yoga In-Person & Zoom

**Dates:** Fridays (ongoing) September 2, 9, 16, 23, & 30

**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 is 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.

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## Tuesday Chair Yoga In-Person & Zoom

**Dates:** Tuesdays (ongoing) September 6, 13, 20 & 27

**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 are 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 is 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.

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## EDUCATIONAL MOMENT!

### NATIONAL PAIN AWARENESS MONTH

September focuses on the challenges associated with pain and chronic pain during National Pain Awareness Month. Pain can be temporary, or it can be crippling. Nearly everyone experiences some kind of physical pain in their lifetime – headaches, back pain, joint pain, a bruise, or a broken bone. However, chronic pain persists over long periods of time with little

relief. The National Institutes of Health list chronic pain as a chronic disease.

A variety of conditions may cause chronic pain. For example, arthritis, fibromyalgia, traumatic injury, migraine, cancer, and other diseases like diabetes may cause long-term physical pain. Sometimes, the cause is unknown.

Those who live with chronic pain often face difficult choices. Their jobs and relationships often suffer due to the constant pain. The stigma associated with chronic pain sufferers is another burden they carry. Unrelieved, chronic pain can lead to job loss, depression, and isolation, as well as other medical conditions.

Pain Awareness Month speaks to medical professionals, family, and friends of the chronic pain sufferers, and the sufferers themselves. Due to the wide variety of pain and its causes, chronic pain can be difficult to treat. Therapies and treatments vary depending on the cause of the pain – and not all treatments work for all people. It's frustrating for anyone with chronic pain, especially when those around them don't understand.

Those with chronic pain often hear these painful comments when they miss work, a social event or even complain about their pain:

- You don't look sick.
- Take some aspirin.
- If you lose weight, exercise, get some fresh air, you'd feel better.
- You're just depressed.
- It can't be that bad.
- You just want the good drugs.

Pain Awareness Month sets out to dispel the myths, stigma, and misunderstanding surrounding chronic pain. The entire month of September presents opportunities for the medical community, friends, family, and chronic sufferers to share their experiences and educate and inform the public.

#### **HOW TO OBSERVE #PainAwarenessMonth**

During September, learn more about the different kinds of pain and treatments available. You can also:

- Support research into pain treatments.
- Listen to and believe a person with chronic pain.
- Continue to invite a friend with chronic pain. Chronic pain comes with good days and bad days. You might catch them on a good day.
- Understand when a friend declines. Chronic pain has no schedule.
- Be an advocate. Share your concerns compassionately with your friend and let them know you'd like to help.
- Learn about their limitations. Then accommodate them.
- Attend webinars and events about pain management.
- Talk to your physician about pain management.
- Share your experiences with pain.

Use #PainAwarenessMonth to join the conversation on social media.

#### **NATIONAL PAIN AWARENESS MONTH HISTORY**

In 2002, the American Chronic Pain Association (ACPA) and the Partners for Understanding Pain established Pain Awareness Month. Its mission is to raise awareness and educate the public regarding the issues surrounding pain and pain management. The organizations also strive to remove the burden of the stigma associated with those with chronic pain.

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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!

SeniorsPlus | [seniorsplus.org](http://seniorsplus.org)



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