

Education Center Online

September 2020

SeniorsPlus Education Center Friends,

It has been wonderful seeing and hearing from so many of you virtually! We hope that you have enjoyed our recent classes/groups and will consider joining some of our scheduled programs for September. September is Falls Prevention month and the National Council on Aging (NCOA) has deemed the week of 9/21 Falls Prevention week this year! You will see below that we have multiple class offerings on falls prevention. It's never too early to think about how we can prevent falls for ourselves and those we know.

As a reminder, we will continue to host virtual offerings until it is safe to reopen our physical Education Center.

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.

WE MISS YOU!

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, September 8 OR September 22

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.



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 & Flu Season

Date: Wednesday, September 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 your with your physician and caregivers to help diagnosis your illness.

Crafting with Corinne

Date: Wednesday, September 30

Time: At your convenience

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit



Join Corinne through her pre-recorded class to create a Halloween card and cute Halloween lollipop. We will use a Tootsie pop and turn it into a broom. All materials provided except adhesive. Limited to 10-15 participants. \$5.00 due at material pick-up.

FALLS PREVENTION AWARENESS WEEK 9/21-9/25

Falls Free CheckUp

Date & time: At your convenience

Instructor: N/a

Location: Online falls screening

COVID-19 has changed a lot of things. One thing that's still the same? Falling is NOT a normal part of aging. There are steps you can take to reduce your risk and to help with this The National Council on Aging (NCOA) has developed an online Falls Free CheckUp for us to share with you! Reach out to us to receive the link to complete the twelve question screening. This online screening is free and easy to complete. Since we're unable to complete our in-person falls screenings this is a great way to get the resources you need during this time.

Falls Prevention Conversation Guide for Caregivers

Date & time: At your convenience

Instructor: N/a

Location: Online

For many older adults, an unexpected fall can result in a serious and costly injury. The good news is that most falls can be prevented. As a caregiver, you have the power to reduce your loved one's risk of falling, and your own risk as well. Reach out to us for this guide to learn about fall risk factors and develop a falls prevention action plan.

Standing Together to Prevent Falls

Date: Monday, September 21

Time: 10:00-11:30AM

Instructor: SeniorsPlus Staff

Location: Zoom

Join SeniorsPlus for this presentation that discusses fall risks and strategies to reduce falls, including information about our evidence-based fall prevention programs.

This falls prevention presentation was developed by the American Occupational Therapy Association and the Academy of Geriatric Physical Therapy, a component of the American Physical Therapy Association.

Prevent Falls & Age in Place!

Date: Friday, September 25

Time: 10:00-12:00PM

Instructor: Brie Weisman, Occupational Therapist Registered & Licensed, Adapt-Able Living

Location: Zoom

Brie has been an Occupational Therapist for the past decade. She has worked in multiple settings, including acute care and rehab care in hospitals, and several skilled nursing home facilities. For the past several years she has worked in the home health setting where, through her experience treating people with fall-related injuries and helping to reduce falls risks in their homes, she found that people had fallen due to: lack of safety and adaptive equipment, poorly placed bars and equipment installed by people relying on “common sense” instead of expertise, inappropriate equipment, trip hazards, poor lighting, and failure to adapt daily habits and practices to an aging body. This inspired Brie to create her own practice, Adapt-Able Living, which is dedicated to helping Maine’s older adults age in place.

According to the CDC, falls are the largest single health issue facing seniors. In the US, 50% over the age of 80 have had a serious fall, and 24% of all seniors fall EACH YEAR.

Due to those falls:

- 31 billion dollars will be spent
- 2.8 million older adults will visit an emergency room
- 800,000 will be hospitalized
- 300,000 will suffer hip fractures
- 27,000 will die

Fortunately, we can all dramatically reduce our risk of falls by simple changes in behavior and modification to our home. Many of these are virtually effortless and cost-free, and most are easy and inexpensive. In this workshop Brie will introduce you to these concepts, and how to best put them into practice.

Not seeing what you're looking for? Reach out to our Community Services team to discuss other falls prevention resources we have to share! We're also adding people to our waiting lists for our falls prevention workshops, Tai Chi for Health & Balance, and A Matter of Balance.

GROUPS & EXERCISE

Virtual Knitting Group

Dates: Every other Wednesday - September 2, 16, & 30

Time: 5:00-6:00PM

Group Lead: SeniorsPlus Staff

Location: Zoom

Coffee & Comfort - Bereavement Support Group

SeniorsPlus is closed on Monday, September 7

Date: Monday, September 14

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.



Caregiver Support Groups - NEW SCHEDULE BELOW!

Dates & Times:

Monday, September 14 from 5:30-7:30PM

Thursday, September 24 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 until the CDC lifts restrictions.



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: 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!

