



Successful Aging Institute

For additional information or to register for SAI classes call 541.463.4634 or lanecc.edu/sai

Winter 2012

Career Training

Encore Careers

Boomers Rule!

Baby Boomers are the fastest growing segment of the population. Between 2007 and 2030, the age 85+ population is expected to increase by 74%, and then by another 118% between 2030 and 2050. How can we, as individuals and as a community, prepare for this huge demographic shift? What kinds of services and resources will help us? Learn from a recent county-wide survey. Then enjoy an insider's peak at the upcoming March 7 conference: "Is Caregiving MY Encore Career?," sponsored by AARP Oregon, Lane Community College Successful Aging Institute, Senior & Disabled Services, and the ARC of Lane County. For conference information, contact Lane at lanecc.edu/sai or 541.463.4634.

1-3 pm, Sa, Feb 18, Eugene Public Library (2 hrs No Charge) Phinney

NEW! Is Caregiving YOUR Encore Career?

Turn your lifetime of experience as a caring adult into a new full or part-time profession. As 10,000 adults turn 65 annually, the demand for experienced caregivers has never been higher. Join us for an exciting day of interactive presentations by excellent area employers, trainers, and seasoned mature adult caregivers, and begin your own exploration. Buffet lunch, raffle prizes, and informational packets and resource tables will be provided. Your sponsors: AARP of Oregon, Lane Community College, Senior & Disabled Services/State Unit on Aging, and the ARC of Lane County. Register by Feb. 24 to reserve your permit for free reserved parking.

9-3:30 pm, W, Mar 7, LCC 19 (CML), Room 102 & 103 (6.5 hrs \$10) - Susman

Get a Job at My Age?

Do you find you either want or need to return to the workforce? There are some great local resources for those who may have felt their job-hunting days were over. You too can gain confidence, re-tool, and compete successfully in today's challenging world of work. Barbara will present the wide array of easily accessible Lane Community College resources offered by the Successful Aging Institute, Continuing Education, Workforce Development, and the Small Business Development Center. To register for this class on either date, call Campbell Community Center at 541.682.5318.

10:30-11:30 am, Tu, Jan 17, Campbell Community Center (1 hr No Charge) - Susman

Getting Paid for Giving Care

Lane Community College offers several options for adults with a lifetime of caregiving skills. Learn how you can make a difference in the lives of others and get paid for doing so. Barbara will discuss the Successful Aging Institute's "Personal Care Aide" training program and the Senior Companion Program, as well as other opportunities. To register for this class on either date, call Campbell Community Center at 541.682.5318.

9-10 am, Tu, Jan 17, Campbell Community Center (1 hr No Charge) - Susman



Start-up and Early Stages

Ready to Create Your Own Business?

What is your ideal life? What are your goals? What is your level of industry experience? You can design a business around the life you want. Learn the connection between what you think you know about starting a business and what you can actually achieve. Find out what areas will need to be stable in your life to make your launch successful. Evaluate the prospect of full-time self-employment vs. running a business while still working for an employer. This class is a suggested pre-requisite for entry to Entrepreneurial Development Services (eDev), which helped develop the curriculum.

33986 – 10-Noon, F, Feb 3-24, DTC Rm 204 (8 hrs \$51) (Senior \$43) - Reay

Volunteer Training

Creating Successful Volunteer Groups

How do we help create successful volunteer groups -- even if we're not the boss? Learn and practice effective skills for working with others to build trust, make decisions, and manage conflict so that your volunteer organizations thrive. All sessions will be taught by two or more seasoned Eugene Cadre members, and all activities are infused with humor! Please bring \$20 to instructor at first class for materials. This class is located at Campbell Community Center, 155 High Street, in Eugene, and co-sponsored by Campbell Community Center and LCC Successful Aging Institute. To register and pay, call Campbell at 541.682.5318.

5:30-7:30 pm, Tu, Jan 24-Feb 7, Campbell Community Center (6 hrs \$5) - Apgar

Hospice Volunteer Training

Give from the heart. Volunteers are an integral part of a hospice team, providing compassion, friendship and support. Learn to communicate and be with patients who are living with a life-threatening illness. Pre-requisites: an open heart, a non-judgmental attitude, and flexibility. Please bring \$25 to first class to cover materials. Contact Na'ama Schnabel at 541.228.3081 or nschnabel@cascadehealth.org regarding required application and interview. Class times: Fri 5:30-9 pm, Sat 9-5:30 pm, & Sun 9-5 pm.

F/Sa/Su, Jan 20-22, Cascade Health Solutions (20 hrs) - Schnabel

Creative Arts

Creative Projects

Greeting Card Techniques

Create several lovely greeting cards each session using different techniques such as stamping on birch bark, embossing, iris folding, using punches, etc. Cost includes supplies. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

12:30-2:30 pm, Th, Jan 26-Mar 1, RRPK (6 hrs) - Wen

Health Occupations

Personal Care Aide

Free Personal Care Aide Preview

Do you want to learn more about Lane's Personal Care Aide training? Come to a FREE informational meeting!

33984 - 5:30-6:30, T, Jan 31, DTC Rm 036 (1 hr No Charge) - Susman

Personal Care Aide Training

Ready for a rewarding career as a professional caregiver? Demand is great and growing statewide for caregivers in residential communities and in-home settings. This 40-hour, hands-on training is well-respected by area employers, many of whom offer special hiring consideration to those who pass the course. Textbook included. (Note: Employers will conduct comprehensive criminal history checks before hiring.)

33985 - 5:30-8:30 pm, TuTh, Feb 7-Mar 22, DTC Rm 036 (40 hrs \$359) - Peterson

Health & Wellness

Exercise & Fitness

Aqua-fit

Aqua-Fit is designed to promote total body fitness in a low impact, but challenging environment. Classes include warm-up, deep water cardiovascular exercises, using flotation belts, abdominal work, cool-down, and stretching for all fitness levels. Bring proof of registration to either Courtsports location to receive your 10-session punch card. Call 541.463.4634 to register for this class, or to register for additional 10-session punch cards during the term. A maximum of 8 punch cards may be purchased for LCC/Courtsports classes over a lifetime.

33987- 5:10-6:10 pm, MW, Jan 9-Mar 22, CSPE (10 hrs \$45) - Kawada

Arthritis Foundation Exercise Program

These gentle activities have been designed to help people with arthritis increase joint flexibility and range of motion, maintain muscle strength, and decrease pain. Exercise from the comfort of your chair. Instructors are certified by the Arthritis Foundation. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

1:15-2 pm, TuTh, Jan 10-Mar 15, RRPK (15 hrs) - Costley & Martinez

Better Bones & Balance Beginning

This fitness program involves weight bearing activities to encourage development of muscle strength and power, as well as promote dynamic balance. The program can help maintain bone density and prevent falls. Research at Oregon State University indicates that regular participants have a reduced risk of osteoporosis and falling. Bring proof of registration to either Courtsports location to receive your 10-session punch card. Call 541.463.4634 if you would like to obtain multiple 10-session punch cards during the term. A maximum of 8 punch cards may be purchased for LCC/Courtsports classes over a lifetime.

33988 - 1:30-2:30 pm, MW, Jan 9-Mar 21, CSPA (10 hrs \$45) - Grimes & Spindler

Complete Wellness

Eight of Eugene's finest practitioner/educators will share tools to help you improve many aspects of your comprehensive wellness. Enjoy gentle guided instruction in Chi walking, Strength Training, Yoga, Grief and Loss, Emotional Freedom Technique, Nutrition, Nordic Walking, Circuit Training, Myofascial Release and Stretching. Participants will complete a release form at the start of the first class. This class is offered in collaboration between Garden Way Retirement and the Successful Aging Institute at Lane Community College. For more information and to register, call Garden Way Retirement at 541.343.3317. *NOTE: Feb 2nd class 11-Noon.

10-Noon, TuTh, Feb 2-Mar 1, Garden Way Retirement (17 hrs \$59) - Parks

NEW! Never Too Old: West African Dance & Drum

Youngsters aren't the only ones to thrill to West African drumming and dancing. Learn and experience basic movements that can build strength, flexibility, and balance. This class will preview 10 week classes in both subjects offered in partnership with River Road Park & Recreation and the Successful Aging Institute of Lane Community College.

6-8 pm, W, Jan 11, Eugene Public Library (2 hrs No Charge) - Sylla

Nia Technique Mind-Body Fitness

Nia is nonimpact, aerobic exercise to music. It combines dance, yoga, tai chi, and self-healing. Nia can help you lose weight, build strength, improve balance, and reduce stress. Enjoy new moves highlighting balance and bone density improvements. Co-sponsored by Willamalane Adult Activity Center and the Successful Aging Institute of Lane Community College. No class 11/24. For registration, cost, and location call 541.736.4444 or go to Willamalane.org.

10:30-11:30 am, Tu, Jan 10, WC(1 hr No Charge) - Hollander

5:30-6:30 pm, Tu, Jan 10, WAAC (1 hr No Charge) - Hollander

5:30-6:30 pm, Th, Jan 12, WAAC (1 hr No Charge) - Hollander

10:30-11:30 am, TuTh, Jan 17-Mar 1, WC (14 hrs) - Hollander

5:30-6:30 pm, Tu, Jan 17-Feb 28, WAAC (7 hrs) - Hollander

5:30-6:30 pm, Th, Jan 19-Mar 1, WAAC (7 hrs) - Hollander

10:30-11:30 am, TuTh, Mar 13-Apr 26, WAAC (14 hrs) - Hollander

5:30-6:30 pm, Tu, Mar 13-Apr 24, WAAC (7 hrs) - Hollander

5:30-6:30 pm, Th, Mar 15-Apr 26, WAAC (7 hrs) - Hollander

NEW! Pilates: Can One Be “Too Old?”

Absolutely not! Learn the basic principles of the Pilates method, and how mature adults can practice it to build strength and endurance for everyday activities. Those who work with older adults and those who want to practice Pilates themselves are most welcome. An introductory workout will be included. Please wear comfortable shoes and clothes you can move in. This presentation will preview a “Pilates for Mature Adults” class offered through LCC’s Successful Aging Institute.

6-8 pm, Sa, Jan 12, Eugene Public Library (2 hrs No Charge) - Bondurant

Pilates for Mature Adults

The benefits of the mind/body practice of Pilates include better joint mobility, flexibility, balance and body awareness, improved posture and grace. Each session will include warm-ups; exercises focusing on strength, body alignment, and balance; and cool down stretching. Bring yoga mat, towel, and water. Participants will complete release form at the start of the first class. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

9-10 am, TuTh, Jan 12-Mar 22, RRPKA (20 hrs) - Bondurant

Silver Sneakers

Silver Sneakers (R) MSROM- Muscular Strength & Range of Motion- Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. Bring proof of registration to either Courtsports location to receive your 10-session punch card. Call 541.463.4634 if you would like to obtain multiple 10-session punch cards during the term. A maximum of 8 punch cards may be purchased for LCC/Courtsports classes over a lifetime.

33989 - 10:30-11:30 am, TuTh, Jan 10-Mar 22, CSPS (10 hrs \$45) - Staff

West African Fitness

While gradually improving your endurance and flexibility, you will learn dances to the various rhythms and their reflection of the West African culture. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

8-9 pm, Th, Jan 19-Mar 22, RRPK (10 hrs) - Sylla

Zumba (Combo Class)

Fuse hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. You can achieve long-term benefits with this calorie-burning, body-energizing movement. Two instructors will be on hand to teach beginning to advanced levels. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

9-10 am, TuTh, Jan 10-Mar 15, St. Peter’s Church (20 hrs) - Chastain & Espinoza

First Aid and CPR

NEW! CPR/AED/First Aid for Adults

This BasicPlus Program is designed for the occupational first aid provider. It can help employers meet OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work. Class includes books, hands on instruction, lunch, and certification. All adults are welcome. This class is co-sponsored by Sheldon Park Assisted Living & Memory Care and Lane Community College Successful Aging Institute. To register and pay, contact Sheldon Park at 541.344.1078.

9-3 pm, F, Jan 20, Sheldon Park Assisted Living & Memory Care (6 hrs \$59) - DeHey & Coxen

9-3 pm, W, Mar 20, Sheldon Park Assisted Living & Memory Care (6 hrs \$59) - DeHey & Coxen

Yoga

Beginning Yoga

This is where your journey with yoga begins. Learn commonly practiced yoga “asana” poses and how to practice them safely, honoring your own level of strength and flexibility. Each class starts with centering and ends with relaxation. This class is co-sponsored by Eugene Yoga and the LCC Successful Aging Institute. For registration, cost, & location call Eugene Yoga at 541.520.8771.

10:30-11:45, W, Jan 18-Feb 22, Eugene Yoga (7.5 hrs) - Mico

Chair Yoga

This safe and effective practice was created for those who use wheelchairs or have problems standing or getting up or down from the floor. It can help reduce pain and relax the mind. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

10-11 am, Th, Jan 12-Mar 15, RRPKA (10 hrs) - Burton

NEW! Guided Meditation

Yoga Nidra, also known as yogic sleep, is an ancient practice that is rapidly gaining popularity in the West. It can help unwind the nervous system, and is appropriate for both beginners and advanced practitioners. In a peaceful yoga studio, learn and practice this healing guided meditation through imagery, body scanning and deep relaxation. Course will also include restorative poses to deepen the experience. For registration, payment, and location contact our co-sponsor Eugene Yoga at 541.520.8771 or info@eugeneyoga.us.

7-8:15 pm, W, Jan 18-Feb 15, Eugene Yoga (6.25 hrs) - Staff

Plus Size Yoga

Gentle, yet dynamic, flowing yoga for those who want to increase flexibility, strength, balance and deep relaxation in a supportive environment. Anyone, of any size, can benefit from yoga movement. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

10-11 am, Sa, Jan 14-Mar 17, RRPKA (10 hrs) - Burton

Home & Family

Cooking

NEW! Delicious Nutrition On a Tight Budget

Learn from a master, with decades of experience in low-cost shopping and excellent preparation of low-cost meals for older adults and others with special diets. Learn how to apply his wisdom to your own special setting. This class will preview a hands-on class on the same subject offered in partnership with River Road Park & Recreation and the Successful Aging Institute of Lane Community College.

6-8 pm, W, Feb 8, Eugene Public Library (2 hrs No Charge) - Ferris

NEW! 5 Star Meals on a 1 Star Budget

Dining like a king doesn't have to cost a king's ransom. You don't have to sacrifice good nutrition to prepare mouth watering meals for your family. Let Chef David Ferris show you how, in a series of three fun, informative and delicious, hands-on workshops that will get your taste-buds tingling, and your creative juices flowing. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

6-9 pm, M, Feb 27-Mar 12, RRPK (9 hrs) - Ferris

Driver Training

AARP Driver Safety Program

Since its inception in 1979, the program has covered defensive driving techniques, rules of the road, and normal changes in vision, hearing, and reaction time – including ways to compensate for these changes. Open to all ages and non- AARP members. Participants age 55+ may qualify for insurance discounts. Call each site for time, cost, and to register for the classes. NOTE: This is now a six hour class.

1/13-20	Campbell Center, Eugene	541.682.5318
1/14-21	Kendall Ford, Eugene	541.342.2151
1/23-25	Petersen Barn, Eugene	541.682.5521
1/23-30	Willamalane Activity Center, Springfield	541.736.4444
2/11-18	Kendall Ford, Eugene	541.342.2151
2/13-27	Willamalane Activity Center, Springfield	541.736.4444
2/27-28	Lane County Fire Dist. #1, Veneta	541.935.4138
3/10-17	Kendall Ford, Eugene	541.342.2151
3/19-21	Petersen Barn, Eugene	541.682.5521
3/21	Church of the Nazarene, Oakridge	541.782.4726
3/19-26	Willamalane Activity Center, Springfield	541.736.4444

Home Buying

NEW! Threshold Intensive Home Ownership

Still renting? You can own your own home – let us show you how! Since 1994 NEDCO has been working with families and individuals to help them become successful homeowners through this intensive two-part program. Over eight weekly classes, taught by qualified professionals, you will learn about financial preparation, the home purchase process, and protecting your investment. In addition to the classes, you will meet regularly one-on-one with a homeownership counselor to develop and implement your own action plan to help you reach your goal. These classes are co-sponsored by NEDCO (Neighborhood Economic Development Corporation) and Lane Community College Successful Aging Institute. Contact NEDCO at 541.345.7106 or www.nedcocdc.org to register and pay. No class 2/20.

6-8 pm, M, Jan 23-Mar 19, NEDCO (16 hrs \$65) - Bell

Money Management

NEW! Financial Recovery

It's no secret that the economy has been tough for several years now. What might surprise you is how many people – just like you – have gone through some major economic blows such as a job loss, foreclosure or catastrophic medical bills. If that sounds familiar, you'll be in good company as you learn how to fast-track your return to financial stability. The class includes four hours in the classroom, as well as two hours of one-on-one consultation scheduled at your convenience. Develop a plan to get on your feet. These classes are co-sponsored by NEDCO (Neighborhood Economic Development Corporation) and Lane Community College Successful Aging Institute. Call NEDCO at 541.345.7106, or visit their website at www.nedcocdc.org, to register.

5:30-7:30 pm, W, Jan 11 & 25, NEDCO (6 hrs No Charge) - Reiman

5:30-7:30 pm, W, Feb 8 & 22, NEDCO (6 hrs No Charge) - Reiman

5:30-7:30 pm, W, Mar 14 & 28, NEDCO (6 hrs No Charge) - Reiman

NEW! Lifeline Financial Education

LifeLine provides you with the tools you need to get your finances under control – regardless of your circumstances. Whether you are looking to save some money, pay off debt or improve your credit, this is the class for you! The class includes an optional one-time consultation with a Financial Counselor. These classes are co-sponsored by NEDCO (Neighborhood Economic Development Corporation) and Lane Community College Successful Aging Institute. New classes begin the first week of every month and continue for 4 weeks. Call NEDCO at 541.345.7106 to register.

6-8 pm, M, Jan 23-Feb 13, NEDCO (8 hrs No Charge) - Baltazar

1-3 pm, Th, Feb 2-23, First United Methodist Church (8 hrs No Charge) - Baltazar

6-8 pm, M, Mar 5-26, NEDCO (8 hrs No Charge) - Baltazar

1-3 pm, Th, Mar 1-22, First United Methodist Church (8 hrs No Charge) - Baltazar

Long Term Care Planning

The first of the 77 million baby boomers turned 65 in January. Families can easily exhaust their life's saving paying for long term care. This course can help you make informed decisions and address risks. Local care options and the array of governmental programs and financial & insurance products will be discussed. By its conclusion, students should have the information they need to take action and tools to plan for various contingencies.

34073 - 6-7:30 pm, Tu, Feb 7-28, DTC Rm 204 (6 hrs No Charge) - Tomlin

Parent Family Teacher

The Best Friends Approach To Alzheimer's Care

"Best Friends," created by David Troxel and Virginia Bell, is a simple, practical model focused on effective, respectful, and compassionate Alzheimer's/dementia memory care. Learn to implement practical strategies to address issues such as wandering, driving, neglect, and abuse. Practice skills to improve communication between care partners and the persons with Alzheimer's/dementia. This class is co-sponsored by The Successful Aging Institute of Lane Community College and Garden Way Retirement, which will host the class and provide participants a free lunch. For more information and to register, call Garden Way Retirement at 541.343.3317.

9-3:30 pm, S, Feb 4, Garden Way Retirement (6 hrs \$37) - Hales

Grandparents Raising Grandkids

Do you have a grandchild living in your home? Feel a bit overwhelmed? Learn how to reduce stress while updating your parenting skills. Explore and practice tools to enhance communication, identify feelings, set personal goals, deal with grief and loss, and deepen your relationship. This class is co-sponsored by the Center for Community Counseling and LCC Successful Aging Institute, and located at the Center, 1465 Coburg Road, Eugene. Register by calling 541.344.0620. Sliding scale \$1 to \$5 per week to defray expenses.

9:30-11 am, Tu, Jan 24-Feb 28, Center for Community Counseling (9 hrs) - Schrey

Personal Growth/Self Improvement

NEW! Boomers Don't "Retire!"

Boomers are now entering a time when well worn theories of aging, involving changes in performance are outmoded. Boomers have the opportunity to redefine retirement and celebrate a more active third chapter of life than in any previous generation. Come for a discussion of what retirement means today. This class will preview a more comprehensive class on the topic offered in partnership with the Center for Community Counseling and the Successful Aging Institute of Lane Community College.

6-8 pm, Tu, Feb 21, Eugene Public Libraray (2 hrs No Charge) - O'Donnell & Guyn

NEW! Joy-Sleep-Exercise- Diet

Learn about evidence-based approaches to fortify these four foundations of good health, within your own lifestyle. You can promote successful aging at any age. Every class will have a strong interactive component, encouraging participants to share what helps them improve and maintain wellness. The instructor is a Naturopathic Physician (ND) with focus on nutritional support for a variety of chronic health conditions. This class is co-sponsored by Golden Apple Healthcare, L.L.C. and Lane Community College Successful Aging Institute. For registration and location, call Golden Apple at 541.342.4520.

6:30-8 pm, W, Feb1-22, Golden Apple Healthcare L.L.C (6 hrs No Charge) - Walter

NEW! What Does "Retirement" Mean for Me?

With the life expectancy of 80+, our post-work period can be very long -- without a corresponding raise in retirement benefits. Let's make positive plans, so that this stage of our lives is meaningful and of service to others. Sally and Jamie are licensed therapists. They will guide the class through a process of discovering what individual participants want from retirement, and how to make that happen. This class is co-sponsored by the Center for Community Counseling and the Successful Aging Institute of Lane Community College. To register and pay, contact the Center at 541.344.0620.

6-7:30 pm, Th, Mar 1-22, Center for Community Counseling (6 hrs \$10) - O'Donnell & Guyn

Language & Culture

Culture

Behind the Lens: Films at Garden Way

We continue to examine films by German directors exiled by the Nazi Party in 1933, including Billy Wilder, Fred Zinneman, Otto Preminger, Robert Siodmak, and Michael Curtiz. Please note that our sessions have been moved to Thursday nights. DIVA instructor Tom Blank will feature a different film each week, and conduct follow-up discussion. Pre-register by phoning Garden Way at 541.343.3317. Seating is limited. Plan to arrive 10-15 minutes early to pay for and claim your seat. Also call for single screening information. This class is co-sponsored by the Successful Aging Institute of Lane Community College and Garden Way Retirement.

6:30-9:30 pm, Th, Jan 12-Mar 22, Garden Way Retirement (33 hrs \$15) - Blank

West African Drumming

Join us in the fun and uplifting class taught by professional drummer/dancer Ibrahim Sylla from Guinea West Africa. Learn beginning level djembe drumming techniques and traditional rhythms. At an easy to follow pace learn includes hand positions, coordination, sounds and timing as well as the significance of each rhythm to the beautiful culture of West Africa. For registration, cost, and payment contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

7-8 pm, Th, Jan 19-Mar 22, RRPK (10 hrs) - Sylla

