

Would you like to get paid for giving professional quality care?

The Successful Aging Institute can help you achieve this goal through our 40-hour Personal Care Aide Training!

### Free Personal Care Aide Preview Presentation

October 4th from 5:30-6:30 p.m. Location: LCC Downtown Center, Room 036

#### Fall Term 2011 - Personal Care Aide Training

This 40-hour comprehensive training will prepare you for an entry-level professional position at in-home care and residential community settings. Basic caregiving, communication, and professional skill practice are included. Textbook, supplies, and course completion award are provided. Several local employers have offered special consideration to PCA graduates.

October 18 - December 8 Tu/Th, 5:30 - 8:30 p.m. Cost \$359

### Please join the Successful Aging Institute for Best Friend's Approach to Alzheimer's Care TM

### Free Preview

If Alzheimer's Taps You On the Shoulder

Date: Wednesday, October 5

Time: 6:00 - 8:00 p.m.

Location: Downtown Eugene

**Public Library** 

Instructor: Frank Hales

### Best Friend's Approach to Alzheimer's Care

Date: Saturday, October 22\*

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Time: 9:00-3:30 p.m.

Location: Garden Way Retire-

ment

175 S. Garden Way

Cost: \$37

Instructor: Frank Hales

To register for classes call 541-463-4634 or visit us on the web at www.lanecc.edu/sai.

Special points of interest:

- Personal Care Aide Training
- Best Friend's Approach to Alzheimer's
- Ongoing Fall Term Classes
- Senior Companions
   Needed
- Quote of the Month





### Upcoming Dates

- Nov 11 Veteran's Day
- ♦ Nov 24-27 -Thanksgiving Holiday

# Ongoing Fall Term & October Classes

Do you get the feeling it's time to brush up on your driving skills?

#### 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.

### Are you looking for a way to stay active as the weather changes?

Join SAI and Courtsports for a variety of on-going fitness classes being offered fall term.

Aqua-fit
Better Bones & Balance Beginning
Silver Sneakers
Vibronics

## October classes starting soon! Join us through out the month for one or more of our exciting and informative course offerings!

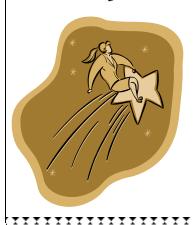
Get a Job at My Age? - Oct 4 Getting Paid for Giving Care - Oct 4 PCA Preview Presentation - Oct 4 NEW! Who Put YOU in Charge - Oct 4 NEW! You're On the Air - Oct 4 NEW! If Alzheimer's Taps You On the Shoulder - Oct 5 Beyond the Lens at Garden Way - Oct 5 Get a Job at My Age? - Oct 6 Getting Paid for Giving Care - Oct 6 NEW! Raising Your Grandkids - Oct 8 NEW! Dining Around the Globe - Oct 10 My House is Your House - Oct 10 NEW! Grandparents Raising Grandkids - Oct 11 I Don't Want to Be a Burden: Long Term Care Planning - Oct 11 Pilates for Mature Adults - Oct 11 NEW! Gentle Yoga - Oct 12 Legal Decisions: Elder Law - Oct 12 Pilates for Mature Adults - Oct 13 NEW! Creating Successful Volunteer Groups - Oct 18 Long Term Care: Preparation and Payment - Oct 18 Personal Care Aide Training - Oct 18 Legal Decisions: Our Parents & Our Selves - Oct 19 NEW! Best Friend's Approach to Alzheimer's Care - Oct 22 I Lost My Keys, Have I Lost My Mind? - Oct 25

For full fall class listings, descriptions, information on collaborative partners, cost, dates, times and locations of classes please see the attached full fall class listing. For additional information or to register for SAI classes please call 541.463.4634 or visit www.lanecc.edu/sai

Thinking About Starting a Business? - Oct 26

# Quote of the Month

"We all have our time machines. Some take us back, they're called memories. Some take us forward, they're called dreams."
- Jeremy Irons



### Senior Companion Program - Volunteers Needed

Are you age 55 or better?

Can you volunteer 15 or more hours weekly?

Do you have limited income?

Make a difference in the lives of others and earn a small tax-free stipend! (\$2.65/hr)

Call 541.463.4630 or visit lanecc.edu/scp for additional information

The Successful Aging Institute at Lane Community College provides lifelong learning opportunities for adults of all ages. Explore new careers, including those related to work with older adults; cultivate skills for the third age of life; and enjoy stimulating interactive courses in a variety of disciplines. Tailored training for senior-related businesses is also available. Contact SAI at <a href="https://www.lanecc.edu/sai and 541-463-4634">www.lanecc.edu/sai and 541-463-4634</a> for additional information or to register for classes.