

October 3, 2011



Successful Aging Institute

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 care-giving, 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™**

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*

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

**Location: Garden Way Retirement
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
Thinking About Starting a Business? - Oct 26

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

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 www.lanecc.edu/sai and 541-463-4634 for additional information or to register for classes.