

November 30, 2011



# Successful Aging Institute

## *Enhancing Lives through Collaboration*

SAI at Lane Community College strives to enhance the lives of mature adults, and those who nurture their success, through vibrant collaboration, education and innovation. Now in its third year, the Successful Aging Institute (SAI) and its 25+ current community partners offer classes and special events for adults of all ages in a wide variety of subjects.

Housed within Lane's Continuing Education department, SAI works to anticipate and meet community need with help of these local partners. Most classes are free or low cost, hosted at various locations, and focused on topics of strong and immediate community interest.

This winter collaborative classes will include *Boomers Rule!* with Senior & Disabled Services at the Eugene Public Library; *Get a Job at MY Age?!* at Campbell Community Center; *Behind the Lens* film series, *The Best Friends Approach to Alzheimer's*, and *Complete Wellness* at Garden Way Retirement Living; a combined *CPR/AED/First Aid* class, with lunch, at Sheldon Park Assisted Living; *Grandparents Raising Grandchildren* and *Boomers Never Retire* at the Center for Community Counseling, and multiple classes at both River Road Park & Recreation District and the Neighborhood Economic Development Corporation.

The Senior Companion Program of Lane County, staffed by SAI, also works through strong collaboration. More than 30 local agencies supervise the volunteer work of trained Senior Companions who, in turn, serve their clients through weekly visits. Participating agencies include Willamalane Adult Activity Center, Senior & Disabled Services, Lane Health & Human Services, Veterans' Affairs, the Oregon Commission for the Blind, and others. Companions receive a small tax-free hourly stipend for a minimum of 15 hours per week of service. Now entering its 38<sup>th</sup> year, this federal program has been administered locally by Lane Community College for decade and served thousands of clients in Eugene, Springfield, Cottage Grove, Florence, Oakridge, Creswell, Junction City, and Veneta. Those wishing service from Senior Companions may contact the Aging & Disability Resource Center at 541-682-4038.

Adults age 55 or better who meet low-income guidelines and want to help frail elders and adults living with disabilities maintain their highest quality of life are welcome to apply.

The Successful Aging Institute and the Senior Companion Program are located in the Lane Community College Downtown Center at 1059 Willamette St., Suite 227. For more information about both, visit SAI at [www.lanecc.edu/sai](http://www.lanecc.edu/sai) and 541-463-4634.

To register for classes  
call 541-463-4634 or  
visit us on the web at  
[www.lanecc.edu/sai](http://www.lanecc.edu/sai).

Special points of interest:

- Enhancing Lives: Collaboration
- Winter Term Class
- Personal Care Aide Training
- Quote of the Month
- Senior Companion Program Recruiting



## *Upcoming Dates*

- ◆ December 6 - Phone registration begins
- ◆ Dec 19 - Jan 2: SAI and SCP office closed
- ◆ Dec 20 - 27 College Closed
- ◆ Jan 2 - College Closed

## Winter Term Class Sampler

## Quote of the Month

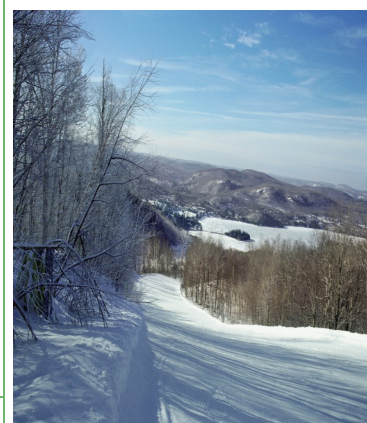
**The Successful Aging Institute will be bringing you more than 60 classes during Winter term! Phone registration begins *December 6th*, so mark your calendars!**

Aqua-fit - Jan 9-Mar 22  
 Arthritis Foundation Exercise Program - Jan 10-Mar 22  
 Get a Job at My Age? - Jan 17  
 Getting Paid for Giving Care - Jan 17  
 Pilates for Mature Adults - Jan 17  
 Beginning Yoga - Jan 18-Feb 22  
**NEW!** Guided Meditation - Jan 18-Feb 15  
 Hospice Volunteer Training - Jan 20-22  
**NEW!** CPR/AED/First Aid for Adults - Jan 20 or Mar 20  
**NEW!** Threshold Intensive Home Ownership - Jan 23-Mar 19  
 Creating Successful Volunteer Groups - Jan 24-Feb 7  
 Greeting Card Techniques - Jan 26-Mar 1  
**NEW!** 5 Star Meals on a 1 Star Budget - Feb 27-Mar 12

**See attached class listing for course descriptions, times, and locations!**

*Many of our classes are offered in collaboration with community partners. Contact information is provided for each partner by visiting [lanecc.edu/sai/register.html](http://lanecc.edu/sai/register.html) and is included in class descriptions.*

*"Do not go where the path may lead, go instead where there is no path and leave a trail."*  
 - Ralph Waldo Emerson



## Winter Term Personal Care Aide Training

***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*  
 January 31 from 5:30 – 6:30 p.m.  
 Location: LCC Downtown Center, Room 036

*Personal Care Aide Training*  
 February 7 – March 22 Tu/Th 5:30 – 8:30 p.m.

**Cost \$359**

For additional information about the PCA class or to register contact Tina Dresser at 541-463-4634. [www.lanecc.edu/SAI](http://www.lanecc.edu/SAI)

### 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](http://lanecc.edu/scp) for additional information