



Successful Aging
Institute

April 2014

SAI E-Newsletter

SAI Receives Shafer Innovation Award



In March the Successful Aging Institute was notified that we had received a \$1000 Shafer Innovation Award from Lane Community College. The award was given in recognition of the quality and quantity of SAI's 40 community partnerships with businesses, non-profits, and governmental organizations. If **YOUR ORGANIZATION** would like to partner with SAI, contact us at (541) 463-6262 or susmanb@lanecc.edu.

Senior Companion Program of Lane County is now on Facebook!

Please visit us on Facebook for up-to-date information about the Program, including upcoming trainings great photos! Don't forget to LIKE us!



Senior Companion Program Needs You!

The Senior Companion Program of Lane County is currently recruiting men and women who are 55 and better and meet low income guidelines to work at the

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The Successful Aging Institute Featured in *The Register Guard*

Click on [The Joys of learning, living](#) to read the March 26 "The Register Guard Retirement" article on the wide array of SAI classes.

Photo pictured left courtesy of The Register Guard.

Spring Term Classes

Across the Generations:
Communication Tips

Ai Chi/Warm Water Aquatics

Be Fit for Life

Become a Medicare Expert
Codependent after All These
Years

Design Concepts for Independent
Living

Feldenkrais Movement

Flower Power 1

Flower Power 2

Italian Pizzas (Class is full)

Italian Sauces

Lifeline Financial Education

Living with Memory Loss

following locations: **Eugene, Florence, Junction City, Oakridge, and Veneta.**



Senior Companions receive extensive training and support as well as an hourly tax-exempt stipend of \$2.65/hr and some reimbursement for meals and mileage.

For more information call (541) 463-6260 or apply online at www.lanecc.edu/scp

April Class Highlights

Living Well with Chronic Conditions

Does a health condition affects your daily life? If so, this free 6-week program may be just for you. Gain skills to help you manage pain and depression, relax, sleep, exercise, eat well, and work well with your health care providers. The training is co-sponsored by Senior & Disabled Services and LCC Successful Aging Institute. Pre-registration required.

Tuesday, April 8 - May 13, 5 - 7:30 p.m.

Location: Trillium Healthcare, 1800 Millrace Dr.

Cost: No Charge

To register call Gary at (541) 682-4103

Urban Homesteading 101

Preserve fruits & veggies; create your own breads, soaps, and cheeses; ferment your own sauerkraut; plan, prune, and graft in your garden. Save money and have a great time doing it! Class involves a new topic "workshop" each week. Participants who live within the River Road district may qualify for a discount.

Wednesdays, April 9 - June 4, 7 - 9 p.m.

Location: River Road Park & Rec, 1400 Lake Dr.

Cost: 3 classes: \$63 or all 10 classes \$189

To register call (541) 688-4052

Look at Me!

Sometimes we set goals, but lose the vision and excitement that propels us to achieve them. Get back on track to follow your dreams! Especially created for those of us in transition. This class is co-sponsored by HealerToday.com, A Coach for All Seasons, and LCC Successful Aging Institute.

Sunday, April 13, 10 a.m. - 4 p.m.

Location: Garden Way Retirement

175 S. Garden Way

Cost: \$39

To register call (541) 510-2548

To view all Spring term classes visit the SAI website by clicking [here](#).

Nature Photography

Nutritional Secrets for Successful Aging

Personal Care Aide Training

Plein Air Painting

Retired! Now What?

Threshold Intensive Home Ownership

To see descriptions of these and other classes that are being offered during winter term visit our website www.lanecc.edu/sai

Visit Our Sponsors

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[Trillium Community Health Plan](#)



[AARP](#)



Thank you for taking the time to read our newsletter. Your feedback and suggestions are welcome.

LCC Successful Aging Institute

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