



Successful Aging
Institute

December 2013

SEASON'S GREETINGS



SAI E-Newsletter

Returning Community Partners!

We would like to take the opportunity to welcome our new community partners Good Samaritan Society and ElderHealth & Living. We would also like to welcome back Solvang Retirement Living, Willamette Oaks Retirement Living, and all our other great partners. Look for their classes in the Lane Continuing Education Schedule, or access them via www.lanecc.edu/sai beginning mid-December.

Holiday/Winter Term Closures

With the holidays fast approaching we all get to enjoy a little bit of extra time with family and friends. The SAI/SCP office will be closed on the following dates:

Thanksgiving - November 28-December 1
Holiday Observance - December 21-January 1
Martin Luther King Day - January 20
Presidents' Day - February 17

Senior Companion Program Recruiting

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 following locations: *Specialized Support Services, Oakridge, Veneta, Cottage Grove, and Florence.*

In This Issue

[Class Highlights](#)
[Visit Our Sponsors](#)

Remaining Fall Term Classes

AARP Driver Safety

Early Winter Term Classes

AARP Driver Safety

Become a Senior Companion

Belly Dancing

Demystifying Medicare

Flower Power

Getting Paid for Giving Care

Living Well with Chronic Conditions

Living with Memory Loss

Teaching Belly Dancing Basics

Writing the Short Novel

Veggie Container Gardening

To see what other classes are being offered during winter term visit our website beginning mid-December for a full listing.

www.lanecc.edu/sai

Visit Our Sponsors

[Marquis Companies](#)



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

January Class Highlights

Demystifying Medicare

Struggling to make sense of the alphabet soup that has become our healthcare system? You're not alone! Let an expert help you untangle the mess, gain helpful navigation tools, and prepare yourself to decide what plans might be best for you and your family in this educational (not sales) class.

Thursdays, January 16-30, 10 a.m. - 12 p.m.

Location: Solvang Retirement Community.

To register call (541) 461-0490

Moving On: Grief & Transition

Loss isn't just about death. We notice new age lines, say good-bye to old friends, struggle at work as comfortable practices are replaced by new technologies. Inexplicably, loss can sometimes even paralyze us. Join us as we explore tools and practices that can help appropriately express grief and move on in a healthy way.

Thursdays, January 16-30, 9 a.m. - 1 p.m.

Location: Garden Way Retirement Community

To register call HealerToday.com @ (541) 510-2548

Taking Charge: Knowledge for the Next Chapter of Life

What's in store for you and your loved ones at age 50+? Who will help you take charge of this exciting and challenging life phase? Presented by professional panelists, this comprehensive class will include financial, legal, insurance, housing, and care options -- including end of life.

Mondays, January 13-27, 2-4 p.m.

Location: Good Samaritan Society Chapel

To register call 541-344-0620

Winter term classes will be available to view on the SAI website beginning mid-December. Please check back often for current class offerings. For remaining fall term classes please click [here](#).



[Trillium Community Health Plan](#)



[AARP](#)



[Click here](#) to subscribe to the SAI E-Newsletter

Thank you for taking the time to read our

newsletter. Your feedback and suggestions are welcome.

LCC Successful Aging Institute
101 W 10th Ave
Eugene, Oregon 97401
541-463-6262

Tina Dresser, SAI/SCP Instructional Coord. Specialist
Beth Brooks, Senior Companion Project Specialist
Barbara Susman, SAI/SCP Director