



Successful Aging  
Institute

February 2014



## SAI E-Newsletter

### 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:

**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: ***Eugene Senior & Disabled Services, Specialized Support Services, Oakridge, Veneta, Cottage Grove, and Florence.***



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](http://www.lanecc.edu/scp)

### February Class Highlights

#### In This Issue

[Class Highlights](#)

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#### Winter Term Classes

AARP Driver Safety

Become a Senior Companion

Beginning Yoga

Bitty Baby Yoga

Chair Yoga

Composting is Easy!

Deep Water Exercise

Demystifying Medicare

Feldenkrais Movement

Fitness Hula

Great Furniture Restoring Secrets

Gorgeous Finishes for Tired Furniture

Greeting Cards

Heart Strong

Legal Decisions: Our Parents, Ourselves

Let's All Get Along

Lifeline Financial Education

Living Well with Chronic Conditions

Mommy/Baby Yoga

Nia and Your Nerves - Sensing Sensation

Restraining Your Life's Pearls

Teen Power Yoga

## Alzheimer's Comprehensive

Thousands of our loved ones cope with Alzheimer's disease. Misinformation and fears abound. Come learn what you need to know to be an effective ally and care partner. Topics will include risk factors, early detection, research & treatments, safety and much more. Communication, especially when times get rough will be of special focus. This class is co-sponsored by the Alzheimer's Association, River Road Park & Recreation and LCC Successful Aging Institute.

***Fridays, February 14-28, 1 - 3 p.m.***

***Location: River Road Park & Recreation***

***To register call (541) 688-4052***

## 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.

***Wednesdays, February 11-March 18, 1:30 - 4 p.m.***

***Location: Cascade Health Solutions***

***To register call Gary at (541) 682-4103***

## School Garden Project Volunteer Training

Dig in! Kindle the delight of gardening in children. This dirt-under-the-fingernails training is your ticket to volunteering for the Project's educational programs. Learn how to confidently share your knowledge with eager elementary students in small and larger groups. Pick up tips on tools and cooking safety. Wear your garden duds as the 2nd meeting will take place in a local school garden. This class is co-sponsored by the School Garden Project and LCC Successful Aging Institute.

***Tuesday, February 11, 6-8 p.m. and***

***Saturday, February 15, 10 a.m.-12 p.m.***

***Location: First class - School Garden Project, 454 Willamette St. Second class location TBD***

***To register call (541) 284-1001 or***

***[Jenny@schoolgardenproject.org](mailto:Jenny@schoolgardenproject.org)***

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

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

### LCC Successful Aging Institute

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Tina Dresser, SAI/SCP Instructional Coord. Specialist  
Beth Brooks, Senior Companion Project Specialist  
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To see descriptions of these and other classes that are being offered during winter term visit our website [www.lanecc.edu/sai](http://www.lanecc.edu/sai)

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