

# Successful Aging Institute E-Newsletter



Successful Aging  
Institute

January 2015

Volume 2, Issue 1

## SAI class Highlights;

Jan./Feb. 2015

Arthritis Exercise Program;

Basic Drawing and Design;

Be Fit for Life;

Beginning Yoga;

I-Sea Food;

Oil Painting;

Personal Care Aide;

Urban Homesteading 101;

Be My Valentine Today;

Deep Water Exercise;

Grief Loss and Peace;

Joy of Hula;

Natural Childbirth Preparation;

Pre-natal and Post partum Yoga;

And many more; please visit:

<http://www.lanecc.edu/sai/course-descriptions>

## For Employers:

### Special Training for Those Working with Older Adults

To schedule tailor-made classes for YOUR workforce, contact SAI at [\(541\) 463-6262](tel:5414636262) or email Barbara Susman [susmanb@lanecc.edu](mailto:susmanb@lanecc.edu) (link sends e-mail)

What does YOUR staff need to best meet the needs of your residents and their families?

Lane's Successful Aging Institute can offer exactly what you need, at astonishingly affordable prices, at your site or ours. We offer classes by area experts on a wide range of topics.

All courses are transcribed and evaluated, garnering participants Continuing Education Units.

#### Sample of Offerings:

- Managing Challenging Behaviors
- Palliative Care
- Understanding Chronic Conditions
- CPR/AED/First Aid for Caregivers
- Disaster Planning for Adult Foster Homes
- Medication Safety for Caregivers
- Creative Cooking for Adult Foster Homes
- Safe Transfers

If you don't see what you are looking for, let us know and we'll create it.

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.

## Who We Are: Barbara, Elaine and Beth



We thought you might like to see who is sending you these newsletters each month, and here we are.

We deeply appreciate your interest in the Successful Aging Institute and the Senior Companion

Program.

Any questions comments or concerns;

Please call our office: 541.463.6262 or stop by for a visit at 101 W.10th St. Eugene, Or. Suite 133