



*Successful Aging*  
Institute

## June 2015 E-NewsLetter

### **Successful Aging Institute June Classes:**

Enhance your spring with some Lane Community College Successful Aging Institute classes. Contact SAI at 541.463.6262 or [lanecc.edu/sai](http://lanecc.edu/sai) for registration, costs, location and other information.

**Beginning Yoga:** 06/22-07/20 (7:15-8:30 PM), **Caregiving: Late Stage Alzheimer's** 06/15-06/29 (1:30-2:30), **East Meets West:** 06/22-07/22 (2:00-3:00), **iPad for the True Beginner:** 06/22-06/29 (10:00-11:00), **Living with Memory Loss** 06/23-08/15 (10:00-12:00), **Pilates for Mature Adults:** 06/15-08/26 (8:30-9:30 AM), **River Side Tai Chi for Balance:** 06/30-07/21 (10:00-11:30), **Urban Homesteading 101:** June 24 (7:00-9:00 PM), **Yoga for a Healthy Back:** 06/22-07/13 (12:15-1:15), **Yoga for Birdwatchers:** 06/23-07/28 (7:45-8:45 AM)

**Ongoing:** AARP Driver Safety Program. Visit [lanecc.edu/sai/course-descriptions](http://lanecc.edu/sai/course-descriptions) for dates, times and locations.

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**Lane Community College appreciates our 10 financial sponsors! Scroll down & visit them all today: Waterford Grand, Pinnacle Healthcare, Cascade Manor, Willamette Oaks, Marquis Springfield, Banner Bank, ElderCare Resources, ElderHealth & Living, Addus HomeCare, and Trillium CHP!**

**To find out how YOUR organization can benefit through sponsorship, please contact Barbara Susman, Director, at [susmanb@lanecc.edu](mailto:susmanb@lanecc.edu) or [541-463-6264](tel:541-463-6264)."**

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**The overall population of people 65 and older expected to double in the next 15 years — and the Latino population aged 65 and over expected to quadruple, in that time there will be a vast need for even more medical, social and cultural services to meet their long-term care needs. (\*PBS News)**

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## **Community Partner Spotlight**



### **Alzheimer's Association**

Formed in 1980, the Alzheimer's Association advances research to end Alzheimer's and dementia while enhancing care for those living with the disease. For questions, answers and to learn more please visit their website. <http://www.alz.org/>

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## **10 Tips for Successful Aging, At Any Age**

Posted in [Senior Health &...](#) by [Carole Carson](#) on May 16, 2011

### **1. Use It or Lose It**

If you want the ability to do something, you must do it. Whatever your age, challenge yourself physically, mentally and socially to be at your best.

### **2. Keep Moving**

Physical activity is the closest thing to a fountain of youth. Our right and left feet are the two best doctors in the world. For optimum fitness, combine strength training, endurance, flexibility and balance in your exercise regimen.

### **3. Challenge Your Mind**

To grow new connections throughout our lives— as children and as seniors— we need to learn, unlearn and relearn.

### **4. Stay Connected**

Maintaining a network of friends and being part of a community is the key ingredient to an experience of daily happiness.

### **5. Lower the Risks**

By getting regular physicals and being proactive about our health, we can lower our risk for genetic, environmental and lifestyle-related medical problems. We must manage our health from youth through old age.

### **6. Eat for the Long Haul**

Avoid skipping meals. Keep your energy high. By the way, Mom was right: eating your fruits and vegetables, staying hydrated and taking vitamins help maintain a happy life.

### **7. Enjoy Yourself**

Following your heart will keep you dynamic, creative and full of zest for living.

### **8. Wherever You Are, Be There**

Don't let your chattering mind take you from this singular, not-to-be-repeated moment and experience the pure joy of life. Find pursuits such as listening to music, viewing art, writing or enjoying nature to keep your mind in here-and-now moments.

### **9. Keep Children in Your Life and Keep Your Inner Child Alive**

Children bring wonder, renewal and a sense of optimism to our lives. Whatever your age, you can be young at heart.

### **10. Laugh**

Laughter stimulates the immune system, protects us from disease and definitely makes the journey more fun.

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**Please Visit our Sponsors**

## **Cascade Manor**



## **Pinnacle Health Care**



## **Waterford Grand**



## **Willamette Oaks**



## **Marquis Springfield**



## **Banner Bank**



## **ElderCare Resources**



## **ElderHealth & Living**



## **Addus Home Care**



## **Trillium CHP**



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**We also thank Lane Senior Guide for Publicizing SAI**

Thank you, for taking the time to read our newsletter.

We welcome your input at [sai-eneeds@lanecc.edu](mailto:sai-eneeds@lanecc.edu)