



# Successful Aging Institute

May 2015

E-Newsletter

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## May Class Highlights

**Awesome Aging with Nia-**  
May 7-June 11, 11 AM to  
Noon

**Beginning Yoga** – May 4 to  
June 8, 7 to 8:15 PM

**Demystifying Medicare** –  
May 22 to June 12, 1:30 to 3  
PM

**Get a Job at 50+ -** May 21,  
5:30- 7:30 PM

**Mama Mia! It's Lunch  
Brunch** – May 9 and 16, 12  
to 3 PM

**Yoga for Birdwatchers** –  
May 7 to June 4, 8 to 9:15  
AM

**Yoga: Power to the Core** –  
May 7 to June 4, 7 to 8:15  
PM

*For more class information,  
please call Elaine at  
541.463.6262*

## 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're 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.

## Community Partners!

Each term The Successful Aging Institute partners with diverse community organizations to bring you exciting, affordable, accessible classes for adults of all ages. We treasure our Community Partners and we will be highlighting one each month. This month we are pleased to highlight:

### **The Campbell Senior Center**

**155 High St. Eugene. Or. 97401**

Located in Skinner Butte Park, this center offers a touch of class with its lovely gardens and outdoor courtyard. The facility is ideal for anniversary/birthday parties, weddings and receptions, and for meetings or group events. It is conveniently located close to downtown and offers accessible parking.

The Campbell Center offers classes, activities, weekly social groups, presentations, support groups, and special events of interest to Eugene-area adults. Campbell's lobby is a popular meeting place along the beautiful Bascom Riverbank path, and they always have 25 cent cups of coffee.

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SPRINGFIELD



**ElderCare**

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Welcome to our new sponsors:



**Trillium Health Plans and Lane Senior Guide.**

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