



October 2015 E-NewsLetter

Successful Aging Institute October Classes:

Enhance your Fall with some Lane Community College Successful Aging Institute classes. Contact SAI at 541.463.6262 or lanecc.edu/sai for registration costs, locations and other information:

Be Fit for Life: 10/12-11/16 (6:30 PM-7:30 PM)

Become a Senior Companion: 10/06/15 (2:30 PM- 4:00 PM)

Become an Elegant Writer: 10/16-11/20 (1:00 PM-2:30 PM)

Beginning Yoga: 10/08-11/12 (10:30 AM- 11:45 AM)

Curvy Yoga: 10/04-11/01 (10:45 AM-12:00 PM)

Enjoy Colored Pencil Drawing: 10/14-11/18 (10:00 AM-12:00 PM)

Living with Alzheimer's: Early Stage: 10/09-10/23 (10:00 AM-12:00 PM)

Personal Care Aide Free Pre-View: 10/01 (5:30 PM-6:30 PM)

Personal Care Aide: 10/13-12/03 (5:30 PM-8:30 PM)

School Garden Project: 10/10 (10:00 AM-12:00 PM)

Soups and Breads: 10/10-10/17 (12:00 PM-3:00 PM)

The Heart Has no Wrinkles: 10/06-11/17 (6:00 PM-8:00 PM)

Ongoing: AARP Driver Safety Program. Visit lanecc.edu/sai/course-descriptions for dates, times and locations.



Welcome Our Three Newest Sponsors!

Please scroll down to visit & thank them, as well as ALL of our wonderful CE & SAI sponsors!

**Pacific Cascade Federal Credit Union
Sage Wealth Strategies
Crescent Park Senior Living**



Community Partner Spotlight

SAI Advisory Council

The SAI Advisory Council provides advocacy, helps develop priorities, and helps ensure continuing growth and success of both the LCC Successful Aging Institute and the Senior Companion Program of Lane County. We are proud to have such distinguished ambassadors working on our behalf throughout the community.

Christine Krygier: Chair, Associate Director, ret, Oregon Small Business Development Center Network

Joanne Alba: Education Coordinator, Planned Parenthood of SW Oregon

Shirley Baker: Senior Companion Program Volunteer

Mary Bartlett: Vice President, Banner Bank

Renee Dickey: Resident Services Coordinator, Ya Po Ah Terrace

Ed Emberlin: Co-Owner, Visiting Angels In-Home Care

Dahlia Garza: Programmer, Campbell Community Center/City of Eugene

Dale Gilad: Instructor, Personal Care Aide class, Lane Community College

Heather Hall: Agency Director, Addus HomeCare

Rachel Jacobsen: Senior Connections Program Manager, Senior & Disabled Services

Russ Kittrell: Administrator, Marquis Care

Kris Lyon: Human Services Transport Specialist, Lane Transit District

Kim Meyers: CPA

Barbara Mitchell, Senior Companion Program Volunteer

Letty Morgan: CEO, Morgan Consultants

Shannon O'Leary: Founder, Catalyst Management Consulting

Bonnie Payne, Employment & Training Coordinator, Experience Works

Jan Read, Senior Companion Program Volunteer

Debra Schwartz: Senior Companion Program Volunteer

Tessa Siebert: Certified Vocational Rehabilitation Counselor; State of Oregon Office of Vocational Rehabilitation

Billie Stoltz: Senior Account Executive; Trillium Community Health Plans

Deb Weinman, Program Manager; Alzheimer's Association Oregon Chapter

Patsy White, Psychologist; Veterans Affairs

Mark M. Williams: Attorney at Law; Gaydos, Churnside, & Balthrop

Brian Young, Executive Director, Cascade Manor

Beth Brooks: Project Specialist, Senior Companion Program

Phillip Hudspeth: Manager, LCC Foundation

Jenette Kane: Director, Continuing Education

Alyse Stone: Manager, Specialized Support Services

Barbara Susman: Director, Successful Aging Institute & Senior Companion Program

Please Visit our Sponsors



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-eneews@lanecc.edu

**“Aging is not lost youth but a new stage of opportunity
and strength.”
Betty Frieden**