



Successful Aging Institute

To register for classes
call 541-463-4634 or
visit us on the web at
www.lanecc.edu/sai.

Enhancing Lives through Collaboration

Long Term Care Planning - What You NEED to know!

The goal of this class is primarily to put you at ease and in control of your own destiny in regards to the future need for care, and secondarily to provide tools & information for family caregivers.

What is the risk that you'll need care?

What will care cost you emotionally as a caregiver and/or financially?

Do you need to plan ahead? Who does need to plan ahead?

What help & tools do the Federal and state governments provide, and what about the various insurance industry products? Reverse mortgages?

Date & Time: Tuesdays, August 7-28, 6:30 - 8:00 p.m.

Location: Solvang Independent Retirement Living

Instructor: Tomlin

Cost: 6 hours - \$5.00

Summer Cooking: Grill & Beyond

Ah, the joys and challenges of the summer kitchen. With an emphasis on local, seasonal produce and ingredients, learn a variety of new recipes and preparation techniques specifically geared to summer. Individual sessions will concentrate on salads & soups, picnic fare, and barbecues, respectively. Instructor - Ferris

Date & Time: August 13-27

Location: River Road Park & Recreation

Instructor: Ferris

Cost: 9 hours \$90.00

For registration, payment, and senior discount information contact our co-sponsor, River Road Park & Recreation at 541.688.4052.

Providing Excellent & Safe Home Care

Learn the basic tools you'll need to gain confidence and be successful. Topics include emergency recognition & response, adverse behaviors, nutrition & hydration, body mechanics, infection control, and more.

Date & Time: Wednesday, August 22, 5:30 - 9:30 p.m.

Location: LCC Downtown Center, Room 235

Instructor: Giannone

Cost: 4 hours - \$65

SAI Thanks our Platinum Sponsors!



Please take a moment to visit their websites by clicking on their logo.

For additional information or to become an SAI sponsor please visit

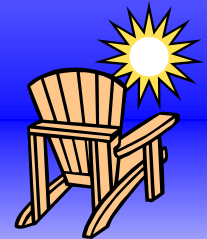
www.lanecc.edu/sponsorship

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. Explore new careers, including those related to work with older adults; cultivate skills for the third age of life; and enjoy stimulating interactive courses in a variety of disciplines. Tailored training for senior-related businesses is also available.

Lane is an equal opportunity/affirmative action institution.

Points of Interest:

- Long-Term Care Planning
- Summer Cooking: Grill & Beyond
- Providing Excellent & Safe Home Care
- SAI Sponsors Sponsorship



HOT August Classes

August 2 - Lifeline Financial Education

August 6 - Lifeline Financial Education

August 7 - Long Term Care Planning

August 11 - ABC's of Home Buying

August 13 - Summer Cooking: Grill & Beyond

August 21 - Foreclosure & Financial Recovery

August 21 - Improv Your Body & Mind

August 22 - Providing Excellent & Safe Home Care

August 23 - Writing Funny Memoirs

Newsletter Opt-Out

If you no longer wish to receive the SAI Newsletter, please e-mail your request to: dressert@lanecc.edu

