



Enhancing Lives through Collaboration



*Make a Difference, Become  
a Senior Companion!*

Are you age 55 or better? Have a limited income? Want to volunteer 15 or more hours weekly? You can make a difference in the lives of others and earn a small tax-free federal stipend (\$2.65/hr).

We are currently seeking volunteers for the following areas:  
Eugene, Springfield, Cottage Grove, Creswell, Junction City, Veneta, & Oakridge! To learn more about becoming a Senior Companion call 541-463-4630 or visit [www.lanecc.edu/scp](http://www.lanecc.edu/scp).

*We will be holding a special informational meeting on Thursday, October 4 at 3:00 p.m. The meeting will take place at Campbell Adult Activity Center, 155 High St. If you have not already applied to become a Senior Companion, please show up and complete an application during the meeting.*

**NOTE:** If you would like to become a Program client, please contact the Aging & Disability Resource Center at 541-682-4038.

*Newsletter Opt-Out*

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

*Welcome!!*

We would like to welcome Beth Brooks to our Senior Companion office. Beth joined our office in mid-September as Project Specialist 1, and is doing a fantastic job!

*Fall Classes in Full Swing -  
Register Today!*

October looks to be an exciting month with SAI. This month, SAI and our partners are bringing you several NEW classes! Look for new classes under the following categories: Career Training, Health & Wellness, Yoga, Money Management, Parent-Family-Teacher, Personal Growth & Self Improvement, and Recreation! There is definitely something for everyone!

SAI classes can be found in the Lane Community College Community Education Class Schedule or on-line at [lanecc.edu/sai](http://lanecc.edu/sai).

**SAI Thanks our Platinum  
Sponsors!**

Please take a moment to visit our Sponsor's websites by clicking on their logo below.



For additional information or to become an SAI sponsor please visit  
[www.lanecc.edu/sponsorship](http://www.lanecc.edu/sponsorship)

**Points of Interest:**

- October classes
- Senior Companion Program Recruiting
- SAI Sponsors & Sponsorship

*October Classes*

- Oct. 1** - Dining Around the Globe
- Oct. 2** - Job Hunting After 50; Intro to Bicycle Safety & Maintenance
- Oct. 3** - FREE Personal Care Aide Preview; Threshold Intensive Home Ownership; Financial Foundations
- Oct. 4** - Lifeline Financial Education
- Oct. 8** - You Too Can Buy a Home; Lifeline Financial Education
- Oct. 9** - Get a Job at MY Age?; Getting Paid for Giving Care; Personal Care Aide Training; Legal Decisions: Our Parents, Ourselves
- Oct. 10** - Ayur Yoga
- Oct. 12** - Teaching Science with Confidence
- Oct. 13** - ABC's of Home Buying
- Oct. 18** - Yoga to Lower Stress; Managing Risk Factors: Stroke & Heart Attack;
- Oct. 23** - Intermediate Bicycle Safety & Maintenance.
- Oct. 28** - Robots for Aging?!
- Oct. 30** - If Alzheimer's Taps You On the Shoulder; Nia Techniques Mind-Body Fitness

*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.*

