

May 21, 2010



Successful Aging Institute

SAI on KMTR

Aging: Busting Myths & Embracing Change



This Monday, May 24, watch KMTR-TV (NBC) evening news for a story about "sandwich generation" caregiving resources, featuring SAI.

The story will profile the Palmers, a local family whose members include Mom, Dad, 2 teenage children, and Grandma, who lives next door and has been included in their daily family life for eight years.

The Palmers will discuss the delights and challenges they face. Donna Peterson, SAI Advisory Council member, and Barbara Susman, SAI Director, will be interviewed about local resources for families involving care for several generations. Donna's class "Aging: Busting Myths & Embracing Change" will be featured.

REGISTRATION ENDS AT 1:00 TUESDAY for this class, focusing on caregiving resources. Call SAI at 541-463-4634 to register today!!!

DATE: Tuesdays, May 25 - June 8 **TIME:** 4 - 6 p.m.

LOCATION: DTC, room 204 **COST:** \$49, Seniors \$43



Summer Term Registration Begins June 3rd...

With Summer term fast approaching, we want to make sure that our SAI newsletter recipients are the first to see the classes being offered in late June and throughout the month of July.

Naturopathy & Healthy Aging

Learn from a practicing doctor of naturopathy how it can be used in combination with more traditional Western medicine, to deal with several medical conditions, pain, and women's health. Jun 30-Jul 14

Out of Work? Now What?

Designed for mature adults with work and life experience who may find themselves unexpectedly out of work, or who are looking for something different. Jul 6-10

Starting a Business as a Mature Adult

Your entrepreneurial spirit keeps telling you to start a business. The love the idea, but don't know where to start. This course will help you look at the ins and outs of developing your dream from idea to writing a business plan. Jul 6-27

Pilates for Mature Adults

The benefits of the mind/body practice of Pilates include better joint mobility, flexibility, balance and body awareness, improved posture and grace. Each session will include warm-ups; exercises focusing on strength, body alignment, and balance; and cool down stretching. Jul 6-Aug 5

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

Special points of interest:

- SAI in the News
- Aging: Busting Myths & Embracing Change
- Summer Classes
- Saturday Series Photos - The Past Year



*The Successful Aging
Institute Wants to
Hear from You!*

Please send this SAI Newsletter on to interested friends, colleagues, and family members.

Do you have a suggestion, idea, or comment about this newsletter or our classes? Please let us know by emailing us at dressert@lanecc.edu

Summer Continued....

Volunteering to Create a Business

Do you dream of being your own boss? You love to volunteer, and know that the skills you've developed over a lifetime would make a great business. This course will help you look at the ins and outs of developing a business idea based on your meaningful work. Jul 7-28

Finances for the Mid-Career Entrepreneur

Starting your own business as a mature adult? Here are the nuts and bolts of being your own boss. Learn about taxes, payroll, and financial organization. Money 101 in mid-life is for new business owners, and for those wanting to improve the bottom line of their existing businesses. Jul 8-29

Writing Funny Memoirs

We all have great stories to tell; the problem is getting people to listen. This class will help you learn to use comedy writing tools such as misdirection, list of three, and the "K" rule to add laughter to your own favorite funny stories. Jul 12-26

Please see the attached flyer for full descriptions, dates, times, & locations of all SAI summer course offerings.

To register for any of SAI's classes please call 541-463-4634 or e-mail Tina Dresser at dressert@lanecc.edu

The Past Year - Photos from SAI's Saturday Series



Judith Roberts presenting during our first Saturday Series Theater class.



Winter term Saturday Series volunteers & first participants to arrive.



Tom Bettman sharing his expertise with a student in our Spring Saturday Series, "Hands-on Organic Gardening" class.

Lane is an equal opportunity/affirmative action institution.

