

April 23, 2010



# Successful Aging Institute

## *Another Saturday Series is Fast Approaching*

The Successful Aging Institute is proud to offer another exciting group of classes during our upcoming Boomer & Beyond Saturday Series. Classes will be held from 10 - Noon on Saturday, May 8, 15, & 22.

In addition to our very popular culinary class "Pastries, Produce, Chinese Cuisine," we are also offering two brand new classes; "Natural History: Birds & Native Plants" and "Hands-On Organic Gardening."

No matter the class you choose to take, the Chef, Nature Historian, or Gardener in you is sure to have a wonderful time

learning from experts in their field.

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



All of our Saturday Series classes are offered in collaboration with Campbell Community Center, River Road Park and Recreation District, and Willamalane Adult Activity Center. Register through Lane Community College by calling 541-463-4634.

## *Aging: Busting Myths & Embracing Change*

The Successful Aging Institute is excited to be offering the class, "**Aging: Busting Myths & Embracing Change.**" It's time to bust the myth that any age is "Over the Hill."

During this class, students will have the opportunity to address aging with optimism. Students will also discuss how to develop and adapt strategies to embrace changes in themselves and loved ones.

Students will be given the opportunity to learn new techniques and skills to help assertively address long held myths, and celebrate healthy aging. All ages welcome.

**DATE:** Tuesdays, May 25 - June 8  
**TIME:** 4 - 6 p.m.  
**LOCATION:** DTC, room 204  
**COST:** \$49, Seniors \$43  
**INSTRUCTOR:** Donna Peterson



*Want to know who Instructor, Donna Peterson is?  
Don't miss her bio on page 2*

To register for classes call 541-463-4634 or visit us on the web at [www.lanecc.edu/sai](http://www.lanecc.edu/sai).

Special points of interest:

- May Saturday Series
- Aging: Busting Myths & Embracing Change
- Donna Peterson Bio
- Summer Term Sneak Peak
- We Want to Hear from You!!



## *It's almost time for the LCC Delights Tour*

**Tues, May 4 from 8:45 am-3:00 pm**

Uncover some of Lane Community College's best kept secrets. Wander through unique gardens of layered plants which attract and benefit wild birds. Visit the award-winning Culinary Arts Program's kitchens and enjoy a multi-course Renaissance Room lunch. Witness Lane's commitment to sustainability which includes conservation, renewable energy, recycling, a student-run learning garden and "green chemistry" club, and education programs to improve the health of systems that sustain life.

Cost: \$15 to River Road Park & Recreation, to cover transportation and bring \$10 for lunch.

(Repeated Wed, May 5, on same schedule.)

## *Life Beyond Work....*

Starting May 4, SAI will bring to you,  
**“Life Beyond Work: Retirement & Rediscovery.”**

Have you recently retired, or are you quickly approaching the exciting date? Then this class is for you!!

This course will explore potential changes in roles and relationships, benefits and costs of relocation, domestic and international learning opportunities, volunteerism, and other factors which can contribute to a positive adjustment in retirement.

**DATE:** Tuesdays, May 4 - 18

**TIME:** 6 - 8 p.m.

**LOCATION:** DTC 204

**COST:** \$37, Seniors \$31

**INSTRUCTOR:** Gail Eisen

## *Sneak Peak - Summer Term!*

With summer term quickly approaching, look to SAI to bring you classes that will keep you busy and out of the heat!

- **Naturopathy & Healthy Aging,**  
June 30 - July 14
- **Out of Work? Now What?**  
July 6 - 27
- **Writing Funny Memoirs**  
July 12 - 26

### *Quote about Life....*

*The tragedy of life isn't that it ends too soon, it's that we wait too long to begin it. ~Unknown*

### *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](mailto:dressert@lanecc.edu)

~Tina Dresser

## *Instructor, Donna Peterson.*



**DONNA PETERSON,**  
**INSTRUCTOR FOR SAI**

Donna is an active community member and instructor who has extensive experience in the field of gerontology. She brings with her a decade of work related experiences involving gerontology & Alzheimer's disease. Donna also holds a Master of Interdisciplinary Studies in the field of gerontology, with an emphasis on Alzheimer's, and is a Ph.D. candidate in Health Services.

Between teaching, speaking engagements, and working towards her Ph.D., Donna is also involved with several community organizations. Donna currently serves on the following committees: Board President - Lane Senior Services Coalition; Leadership Council & Education Committee, Alzheimer's Association Regional Office; Advisory Council, Lane County Senior and Disabled Services; and The Gerontological Society of America. Donna is also Program Committee Chair of Lane's Successful Aging Institute Advisory Council.

If you would like to know more about Donna, register for **“Aging: Busting Myths & Embracing Change.”** (See page 1)

Lane is an equal opportunity/affirmative action institution.