

August 23, 2010



Successful Aging Institute

Fall Term Personal Care Aide Training

Would you like to get paid for giving professional quality care?

The Successful Aging Institute can help you achieve this goal through our 40-hour Personal Care Aide Training!

Free Personal Care Aide Preview Presentation

September 29th from 5:30 – 6:30 p.m.

Location: LCC Downtown Center, Room 036

Fall Term 2010 - Personal Care Aide Training

October 7 – December 2 from 5:30 – 8:30 p.m.

Cost \$359

For additional information about the PCA class or to register for any class offered through SAI contact Tina Dresser at 541-463-4634. www.lanecc.edu/SAI

Senior Companion Program Recruiting

Do you want to help make a difference in people's lives?

The Senior Companion Program of Lane County is currently recruiting a small number of men and women who are 55 and over that meet low income guidelines.

Senior Companions receive extensive training and support as well as an hourly tax-exempt stipend of \$2.65/hr and some reimbursement for meals and mileage.

Pre-service training will be held during the week of October 18 - 22.

Men are strongly encouraged to apply to become Senior Companions; however ALL women are welcome to apply as well!

For more information about the Senior Companion Program or to apply, call 541-463-4630 or visit us at www.lanecc.edu/SCP.

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

Special points of interest:

- Personal Care Aide Training
- Senior Companion Program Recruiting
- Fall term classes
- Quote of the month



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

Phone Registration for Fall Term Classes Begins September 3rd!

SAI Classes start September 28th!

With shorter days and cooler temperatures fast approaching SAI is happy to bring you a variety of exciting classes to start out Fall term!

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. Instructor is a personal trainer, Pilates instructor, and dance instructor. Participants will complete LCC release form at the start of the first class. - Causey

Sign Language Dancing

This unique class will exercise your mind, your body, and your self-expression. Enjoy a low- impact, yet highly aerobic, workout as you learn and practice accessible ballet movements. Stimulate your brain as you integrate American Sign Language into the dance. Participants will complete LCC release form at the start of the first class. All physical abilities welcome. - Coble

Express Yourself at Work

Learn how to present yourself authentically and successfully, communicating at work as a job applicant, employee, and/or employer. Do you come across clearly? Do others see you as a great listener and team player, striking a balance that is assertive without being forceful? Discuss and practice skills in a safe and supportive environment. This class has been created especially for mature adults. - Bernadette

Effective Communication for Maturing Relationships

Age and maturity do not necessarily go together, especially when it comes to relationships. Effective communication plays a major role in the success or demise of relationships. Identify and implement skills to enhance your relationship through the years in ways that are fun, practical and re-creative. - Laughhunn

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 conditions including diabetes, cancer, heart disease, autoimmune conditions, management of pain, and women's health. - Morse

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

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

Quote of the Month

"Too often we underestimate the power of a touch, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo F. Buscaglia (1924 - 1928)

Lane is an equal opportunity/affirmative action institution.