

MaineHealth  
**Learning Resource Center**

MaineHealthLearningCenter.org



**WINTER/SPRING 2016**  
**CLASS SCHEDULE**



A message from our director...



Welcome to you! Our Winter/Spring 2016 catalog is full of great classes that we hope you will like.

In January, we are offering 4 sessions to help you wade through the complex world of health insurance. This class will have lots of information to help you figure out what's best for you.

If you have a lot of stress in your life and want some ways to help you cope, we have several options for you. We are now offering our Mindfulness Based Stress Reduction class in two ways: the full 8 week class or a 4 week session. Whichever you chose, it will be a great chance to learn how to handle stress and be more present in your life.

Is your 'tween or teenager driving you crazy? We have a class in April to help you understand what's going on in their minds, what social pressures they are facing and how to talk about tough topics with them. I'm looking forward to this one!

On behalf of the Learning Resource Center staff, thank you for taking our classes, talking with our staff, and visiting our centers. We are grateful for the chance to help you live the healthiest life possible.

Anita Ruff

Director

## How to Register for a Class

1. Go to [MaineHealthLearningCenter.org](http://MaineHealthLearningCenter.org)
2. Click "Classes Near You" at the top.
3. Choose a class.
4. Click "Register."
5. Enter your email and contact information and choose a password. After you register the first time, you only need to enter your email and password.
6. Pay for your class if there is a fee. You can pay by credit card, debit card or check.
7. You're done!

### Want to register for more than one class?

Repeat the steps above.

### Questions about registration or a class?

Call 1-866-609-5183.

### Scholarship Assistance

All students qualify for up to \$100 in scholarship grants per calendar year. Recipients are kept in strict confidence. Learn more about scholarship assistance when you register online.

### Delays and Cancellations

We reserve the right to cancel a class due to low enrollment or unexpected events. In such an event, you will be notified by email and class fees will be refunded.

### Weather Cancellations

Weather-related cancellations will be emailed at least 2 hours before the scheduled start time to those who have registered. Please call 1-866-609-5183 for the latest information.

### Disabilities/Interpreter

Assistance for people with disabilities is available. If you need a hearing or language interpreter, please call 1-866-609-5183 at least five business days before your class.

### Refunds

Refunds will only be given if you withdraw no later than 48 hours before the class begins.

### Attendance Certificates

Attendance certificates are available upon request.

# WINTER/SPRING 2016

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# January

## Introduction to Mindfulness-Based Stress Reduction

Join us for this informational session on the Mindfulness-Based Stress Reduction (MBSR) Program. You will learn how developing meditation skills through the 8-week MBSR program can help you to manage pain, promote health and wellness, and develop a more positive response to stress. **Please note: If you are registered for the MBSR class starting on January 13, you are automatically enrolled and do not need to register separately.**

Instructor: Mary Bitterauf, CHES, CHWC, Center for Mindfulness at UMass Medical Center - MBSR Approved Teacher

- January 6
- Scarborough LRC
- 5:30 p.m. - 7:30 p.m.
- \$10.00



## Mindfulness-Based Stress Reduction



During this 8-week course, you will learn effective strategies for working with ongoing stress and chronic pain. Instruction will involve mindful meditation practices, discussion, gentle stretching and yoga for all ability levels. Participants are asked for a commitment to attend Introduction to MBSR, all 8 sessions and 1 day-long Saturday “retreat.” This course is based on the program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School. For more information on the class requirements, visit [MaineHealthLearningCenter.org/MBSR](http://MaineHealthLearningCenter.org/MBSR).

Instructor: Mary Bitterauf, CHES, CHWC, Center for Mindfulness at UMass Medical Center - MBSR Approved Teacher

- Introduction to MBSR: January 6; 5:30 p.m. - 7:00 p.m.
- MBSR: Wednesdays, January 13 - March 9; 10:00 a.m. - 12:30 p.m. (Please note: There will be no class on February 17.)
- Retreat: Saturday, February 27; 9:00 a.m. - 3:00 p.m.
- Scarborough LRC
- \$250.00 (Partial scholarships available. See details on registration page.)

## Understanding Health Insurance- What You and Your Family Need to Know!

We have teamed with non-profit health insurance provider Community Health Options to offer 4 free informational sessions about a variety of health insurance-related topics and resources. Learn how health insurance works, what preventive services are covered and how to enroll for 2016 coverage before Open Enrollment closes January 31. Find out if you are eligible for Premium Tax Credits and Cost-Sharing Reductions to help make coverage more affordable.

Instructor: Beth O'Hara-Miklavic, Community Health Options

### Session 1

- January 12
- Scarborough LRC
- 9:30 a.m. - 11:00 a.m.
- Free

### Session 2

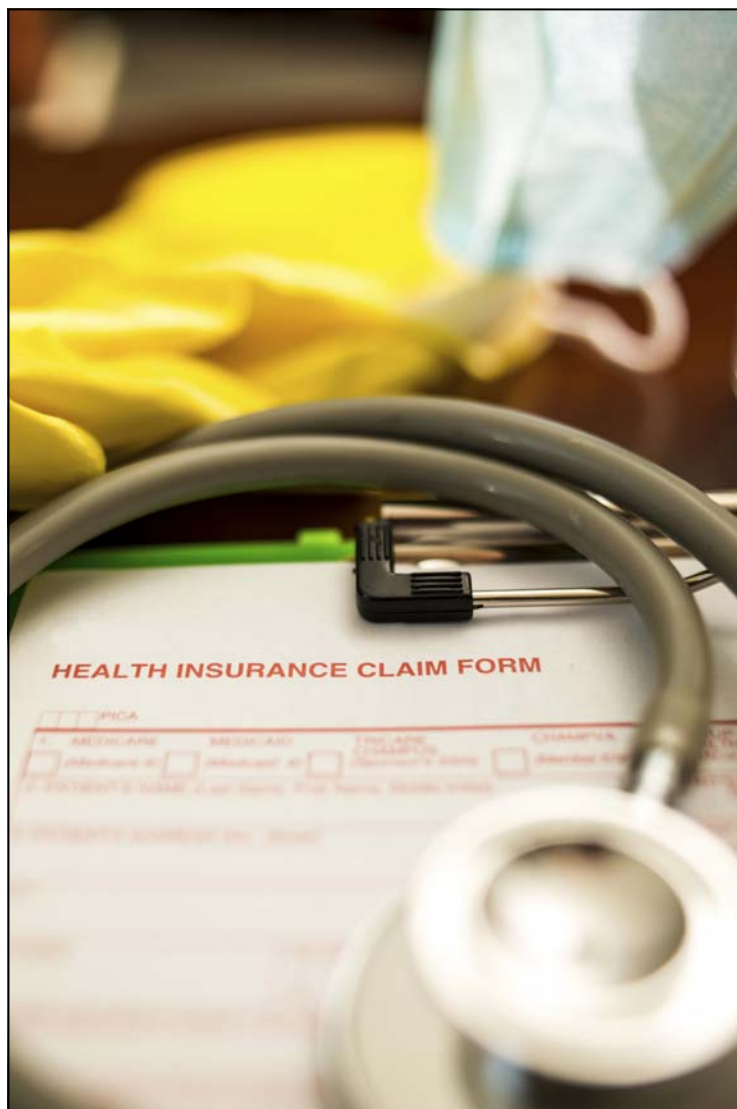
- January 12
- Falmouth LRC
- 5:30 p.m. - 7:00 p.m.
- Free

### Session 3

- January 20
- Falmouth LRC
- 9:30 a.m. - 11:00 a.m.
- Free

### Session 4

- January 20
- Scarborough LRC
- 5:30 p.m. - 7:00 p.m.
- Free



# January/February

## Fundamentals of Mindfulness



Reduce stress, brighten your outlook and increase your general wellbeing with Mindfulness-Based Stress Reduction. Learn the core concepts of this proven meditation program during our 4-week fundamentals session designed for those short on time but curious about the more immersive 8-week course.

Instructor: Mary Bitterauf, CHES, CHWC, Center for Mindfulness at UMass Medical Center - MBSR Approved Teacher

- Wednesdays, January 20 - February 10
- Scarborough LRC
- 2:00 p.m. - 4:00 p.m.
- \$125.00

## Lifestyle and Cancer Prevention

Learn what you can do to prevent cancer through the choices you make. Join our expert, a board-certified doctor in Naturopathic Oncology, for a discussion about evidence-based strategies for reducing your chances of developing cancer. Learn ways herbs, supplements and homeopathy may help achieve health goals and avoid illness. In addition to her knowledge of optimal health strategies, she has extensive experience in integrative and complementary cancer treatments. She will review risk factors for the development of cancer and the role daily dietary and lifestyle practices play in reducing the risk of developing cancer and other adverse health conditions.

Instructor: Renee Lang, ND, FABNO, MPH, Wildwood Community Medicine

- February 10
- Scarborough LRC
- 5:30 p.m. - 6:30 p.m.
- \$10.00



MaineHealth  
Center for Tobacco  
Independence

### Want to Quit Tobacco?

Call a team of qualified people who will help you quit through direct treatment services and education. Call the Maine Tobacco HelpLine.

1-800-207-1230

[tobaccofreemaine.org](http://tobaccofreemaine.org)

## Sacred Sounds for Health and Healing

Join us to experience the benefits of relaxing sound vibrations created by gongs, singing bowls, and other sacred instruments. This class will help you to move into a space of quiet, stillness and peace. Please come fragrance-free (no perfumes or other strong scents) and wear comfortable clothing.

Instructor: Todd Glacy, musician, counselor and ordained minister

- March 10
- Scarborough LRC
- 6:00 p.m. - 8:00 p.m.
- \$10.00



## AFib: What You Need to Know



Atrial fibrillation, or AFib, happens when there is a problem with the speed or rhythm of the heartbeat. This could result in serious health problems. Get your questions answered and join us for an evening with MaineHealth Cardiology staff members who will discuss what AFib is, who gets it, and the latest in medical treatment.

Instructor: Andrew Corsello, MD, along with a few colleatues, MaineHealth Cardiology

- March 22
- Dana Center at MMC
- 5:30 p.m. - 7:30 p.m.
- \$10.00

## Know the 10 Signs

This class will provide a greater understanding of the difference between age-related memory loss and dementia. Learn what to do if you or someone you love has signs of Alzheimer's disease. At the workshop, find out how to tell the difference between Alzheimer's and typical aging; steps to take if you recognize a warning sign in yourself or someone you know; the process of receiving an Alzheimer's diagnosis; and why early detection is crucial. A light lunch will be provided.



Instructor: Peter Baker, LMSW, Maine Chapter of the Alzheimer's Association

- March 23
- Scarborough LRC
- 12:00 p.m. - 1:30 pm.
- \$10.00

# April

## Reiki for Self-Healing

In this two-part class we will share the origin of Reiki and how this energy can support your immune system and promote healing. You will also learn how to give Reiki to yourself to enhance your health, relieve stress and reduce pain. The second class will include the attunement process and provide an opportunity to ask questions and practice. Attendance at both sessions is required in order to complete the attunement process.

Instructor: Jessica-Jean Fletcher, Reiki Master Teacher

- April 4 & 11
- Scarborough LRC
- 5:00 p.m. - 7:00 p.m.
- \$20.00



## The Skinny on Fad Diets



Everywhere you look, there are magazines, websites and commercials claiming the next best diet plan to help you shed pounds. It can be quite overwhelming to sort through them. Join Registered Dietitian Michelle Huntley to take a look at today's most popular diets and how they can hurt or help your health and your efforts to lose weight.

Instructor: Michelle Huntley, RD, LD, CDE, Maine Medical Partners Endocrinology and Diabetes Center

- April 5
- Scarborough LRC
- 5:30 p.m. - 6:30 p.m.
- \$10.00

## Do you have pre-diabetes? Do you want to help prevent diabetes?

Join Maine Medical Partners Endocrinology and Diabetes Center staff to learn about how lifestyle changes like diet and exercise can help reduce your risk.

Learn more about changes you can make right now, like:

- Getting to your healthy weight
- Planning healthy meals and snacks
- Keeping active

For more information and next class date, call 396-7700.

**Maine Medical**  
**PARTNERS**  
Endocrinology &  
Diabetes Center



## Introduction to Mindfulness-Based Stress Reduction



Join us for this informational session on the Mindfulness-Based Stress Reduction (MBSR) Program. You will learn how developing meditation skills through the 8-week MBSR program can help you to manage pain, promote health and wellness, and develop a more positive response to stress. Please note: If you have enrolled in the MBSR class starting on April 13, you do not need to enroll in this class separately. You are automatically enrolled.

Instructor: Mary Bitterauf, CHES, CHWC, Center for Mindfulness at UMass Medical Center - MBSR Approved Teacher

- April 6
- Scarborough LRC
- 5:30 p.m. - 7:30 p.m.
- \$10.00

## Mindfulness-Based Stress Reduction

During this 8-week course, you will learn effective strategies for working with ongoing stress and chronic pain. Instruction will involve mindful meditation practices, discussion, gentle stretching and yoga for all ability levels. Participants are asked for a commitment to attend Introduction to MBSR, all 8 sessions and 1 day-long Saturday “retreat.” This course is based on the program developed by Jon Kabat-Zinn at the University of Massachusetts Medical School. For more information on the class requirements, visit [MaineHealthLearningCenter.org/MBSR](http://MaineHealthLearningCenter.org/MBSR).



Instructor: Mary Bitterauf, CHES, CHWC, Center for Mindfulness at UMass Medical Center - MBSR Approved Teacher

- Introduction to MBSR: April 6; 5:30 p.m. - 7:30 p.m.
- MBSR: Wednesdays, April 13 - June 1; 5:30 p.m. - 8:00 p.m.
- Retreat: Saturday, May 21; 9:00 a.m. - 3:00 p.m.
- Scarborough LRC
- \$250.00 (Partial scholarships available. See details on registration page.)

# April

## Cooking with Health Educators



Join our Learning Resource Center Director, Anita Ruff and one of our Health Educators, Janell Lewis, as they make quick and easy meals that focus on grains and beans. Learn how to whip up a tasty and nutritious meal without a lot of fuss or money! Come hungry and leave happy!

Instructors: Anita Ruff, Director and Janell Lewis, Health Educator, MaineHealth Learning Resource Center

- April 14
- Falmouth LRC
- 5:30 p.m. - 7:30 p.m.
- \$20.00

## Your Life, Your Choice: Advance Directives

Bring your lunch and join us for this two-part series on advance care planning. During the first session, you will learn about the decisions people often face at the end of life. Participants will be guided through a discussion to better understand and reflect on their goals and wishes for end of life care. During the second session you will have the opportunity to ask questions about advance care planning and work one on one with a trained facilitator to begin drafting an advance directive. Participants are welcome to bring their healthcare agent or a loved one. The Maine Health Care Advance Directive form will also be reviewed.



Feel free to take Part 1, Part 2 or both — whatever works best for you. You can also view Part 1 anytime at [MaineHealthLearningCenter.org/OnlineLearning!](http://MaineHealthLearningCenter.org/OnlineLearning!)

Instructors: Jessica Begley and Mary Bitterauf, Health Educators & Certified Respecting Choices Facilitators

### Part 1:

- April 20
- Scarborough LRC
- 12:00 p.m. - 1:30 p.m.
- \$10.00

### Part 2:

- May 18
- Scarborough LRC
- 12:00 p.m. - 1:30 p.m.
- \$10.00

## Healthy Habits for a Healthier You

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Discover how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Instructor: Peter Baker, LMSW, Maine Chapter of the Alzheimer's Association

- April 26
- Scarborough LRC
- 5:30 p.m. - 7:00 p.m.
- \$10.00

## Is Your Tween Driving You Crazy?



It's not personal, it's biological! Come join experts in adolescent and teen health to learn more about what makes your child tick. You'll learn about typical teen brain development and gain practical strategies for helping your family navigate the rough terrain of the adolescent and teen years through relationship building and problem solving. Topics will include emotions, communication, school, substance use and relationships.

Instructors: This class will be a panel of experts in adolescent and teen health.

- April 28
- 6:00 p.m. - 8:00 p.m.
- Scarborough LRC
- \$10.00

MaineHealth

## Cancer Resource Center

**Are you a cancer patient? Are you helping someone with cancer?**

- Local, reliable and current cancer information for Maine
- Cancer events, classes and support groups
- Doctors, hospitals and support services
- Research and clinical trials
- Prevention and screening
- Cancer Savvy: The MaineHealth Cancer Resource Center blog

**Visit [MaineHealthCancer.org](http://MaineHealthCancer.org) or call toll-free 1-866-206-9959.**

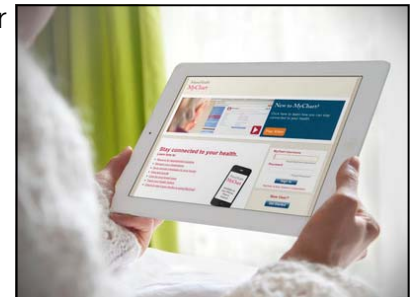
# Online Learning

Check out our online learning page anytime at  
**MaineHealthLearningCenter.org/OnlineLearning**  
for free videos and workshops.

## MyChart: How to Use It

Did you know you can manage your health information online, from anywhere at any time? Learn about MyChart, a secure online tool that lets you connect with your MaineHealth provider and manage your health information online. It's free and easy to use and you accessible 24 hours a day from your computer, tablet, iPhone, or Android device.

Discover how you can use MyChart to look at lab results, send a message to your provider's office, request an appointment or renew a prescription. Visit [MaineHealthLearningCenter.org/OnlineLearning](http://MaineHealthLearningCenter.org/OnlineLearning) to watch three short informational videos about how to use MyChart:



1. An Introduction to MyChart
2. How to Navigate MyChart
3. MyChart Proxy- Staying Connected to Your Family's Care

MyChart is available to many MaineHealth patients. Let MyChart change the way you access your health information.

## Other Healthy Living Videos

- Internet Safety & Cyberbullying series: Learn ways that you can help your child stay safe online and prevent cyberbullying.
- Your Life, Your Choice- Advance Care Planning: View Part 1 of our class online if you can't attend it in person!

## Healthy Living Workshops

The Better Choices, Better Health workshops are free and can help you get the support you need and find ways to deal with pain, fatigue, and stress that result from chronic conditions. There are workshops for:

- Chronic Disease Self-Management
- Arthritis
- Diabetes



## What is MaineHealthLearningCenter.org?

Figuring out how to be healthy shouldn't be so hard. That's why we created MaineHealthLearningCenter.org, your gateway to credible and reliable information for managing your health.

[MaineHealthLearningCenter.org](http://MaineHealthLearningCenter.org) will help you:

- Get tips on healthy living at all ages
- Find quality healthcare
- Learn more about being a prepared patient
- Learn more about common health concerns like heart health, cancer, diabetes, mental health and more
- Tap into our online library and connect to our health educators



Check us out at [MaineHealthLearningCenter.org](http://MaineHealthLearningCenter.org) for health information you can trust!

**For health news, recipes, tips and more from the Learning Resource Center:**



[facebook.com/mainehealthLRC](https://facebook.com/mainehealthLRC)



[twitter.com/mainehealthLRC1](https://twitter.com/mainehealthLRC1)



[pinterest.com/mainehealthLRC1](https://pinterest.com/mainehealthLRC1)



[youtube.com/mainehealthLRC](https://youtube.com/mainehealthLRC)



YouTube

Trouble finding the time to get class? Don't know where to learn more about a certain health topic? Well, we have been expanding our YouTube offerings to get you great health information! You can learn about mindfulness, heart health, diabetes and more. Search for the MaineHealth Learning Resource Center channel on YouTube and learn when and where is convenient for you!

# Advance Care Planning

## It can happen to anyone.

Many believe that decisions about end of life care are only for those who are old or sick. But having an advance care plan is important for all adults.

### What is advance care planning?

Advance care planning is the process of talking with your loved ones and health care providers about what type of health care you want if you are facing end of life.



### Why is advance care planning important for everyone?

The best time to make decisions about end of life care is before something happens. Consider what might happen if you were in a severe car accident. Your doctor thinks you will not get better. If you were not able to speak for yourself, would your loved ones know what your wishes are for end of your life?



### How will an advance care plan help my family?

Sharing your wishes with your loved ones and doctors makes it easier for the people who care about you. They will know what kind of care you want. They won't have to guess.

We know it's not easy, but it is important to talk with your loved ones or doctor about end of life planning.

### When should an advance care plan be updated?

Think of the “5 D’s”:

- **Death** of a family member or friend
- **Divorce**
- Receive a new **Diagnosis**
- Reach a new **Decade**
- Experience a significant **Decline** in health

#### Where can I learn more?

- Contact the MaineHealth Learning Resource Center at [learningcenter@mainehealth.org](mailto:learningcenter@mainehealth.org). We have trained staff members that can help you.
- Go to “Be an Informed Patient” at [MaineHealthLearningCenter.org](http://MaineHealthLearningCenter.org). Check out the video “The Advance Directive- Taking Charge of Your Health Care”!
- Sign up for Your Life, Your Choice advance care planning class. Learn more on page 5.

## Partner Programs

Throughout our catalog, we feature some of the programs that the MaineHealth Learning Resource Center partners with on a regular basis. These programs are all credible sources for health information.



Promoting healthy eating and physical activity in many settings to reach families where they live, learn, work and play.

[letsgo.org](http://letsgo.org)



Find information to help you decide if joint replacement is right for you or sign up for a class to learn what to expect and how to prepare.

[mmc.org/jrc](http://mmc.org/jrc)

Partnership for Healthy Aging links community services and evidence-based programs to improve services for older adults and promote healthcare self-management.



[mainehealth.org/pfha](http://mainehealth.org/pfha)



From the First Tooth promotes oral health in babies and young children beginning with the eruption of their first tooth. Because baby teeth matter!

[FromTheFirstTooth.org](http://FromTheFirstTooth.org)



Maine parents can trust Vax Maine Kids for local, accurate, evidence-based vaccination information, vaccine news and helpful vaccine resources.

[vaxmainekids.org](http://vaxmainekids.org)

The NNEPC is your source for fast information and expert advice. Did you take too much medication? Did your child swallow laundry soap? These are just a few of the questions we can help you with.



Call us at 800-222-1222 or chat online at [nnepc.org](http://nnepc.org)

### Having trouble paying for healthcare or medicine?

Access a volunteer network of over 950 physicians and eight hospitals that offer free or low-cost comprehensive medical care and prescription medication assistance.



[mainehealth.org/carepartners](http://mainehealth.org/carepartners)

# MaineHealth

# Learning Resource Center

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Have a health question? We are here to help!

Let us help you find out what you need to know.

- ❖ Our health educators can help you learn about a disease, your treatment options or any other health topic. They can also link you to trusted websites and local sources of information.
  - ❖ We have hundreds of books and DVDs on many different health topics such as healthy cooking, parenting, diabetes management, mindfulness and much more. View our catalog on our website under Find More Help.
  - ❖ Visit either location to use our light boxes or Scarborough borrow our Nordic walking poles.
- 

## Visit one of our locations:



MMC Falmouth • 5 Bucknam Rd., Falmouth



MMC Scarborough • 100 Campus Dr., Scarborough

## Contact Us

- ❖ Call toll-free: 1-866-609-5183
- ❖ Email: [learningcenter@mainehealth.org](mailto:learningcenter@mainehealth.org)
- ❖ Online: [MaineHealthLearningCenter.org](http://MaineHealthLearningCenter.org)
- ❖ Facebook: [facebook.com/MaineHealthLRC](https://facebook.com/MaineHealthLRC)
- ❖ Twitter: [twitter.com/MaineHealthLRC1](https://twitter.com/MaineHealthLRC1)
- ❖ Pinterest: [pinterest.com/mainehealthLRC1](https://pinterest.com/mainehealthLRC1)
- ❖ YouTube: [youtube.com/mainehealthLRC](https://youtube.com/mainehealthLRC)