

MaineHealth
Learning Resource Center



Fall 2018
Class Catalog

Happy Fall!

Welcome to our Fall 2018 Class Catalog. We are excited to bring you many new classes as well as continuing to offer your favorites. With classes such as Sexy Aging, The Secrets of Inflammation, and Mindfulness & Technology, you're sure to find something that interests you!

MaineHealth's Learning Resource Center is your source for trusted and unbiased health information that's up to date and easy to read. Our classes are an interactive way to learn tips, tricks and techniques to give you more control over your health and wellbeing. Contact us at HealthQuestions@MaineHealth.org with ideas for future classes that are of interest to you.

In health,
The LRC Staff

Tina

Mary

Ell

Wend

Lynn

Bonnie

Kayla

Jen

Andrea

Jane

Jenny

Bethany

How to Register

1. Go to LRCclasses.CourseStorm.com
2. Select the class you are interested in and click “Register”
3. 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.
4. Pay for your class if there is a fee. You can pay through our secure online system by credit or debit card. If you need to pay by check, please call 866-609-5183. Please note, your registration will not be processed until we receive your payment.
5. You will receive an email confirmation of your registration.

Our Policies

Discounts and Financial Assistance

We offer a 20% discount to seniors (age 65 and older), veterans of the U.S. military and current MaineHealth employees. To receive this discount, choose the appropriate category when asked at the online checkout.

A limited amount of scholarship funds are available. Call 866-609-5183 to request financial assistance.

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. If a class needs to be canceled due to weather, we will email registrants at least 2 hours before the scheduled start time. Please call 866-609-5183 for the latest information.

Accommodations

We will make all reasonable accommodations to ensure that people with disabilities have equal opportunity to participate in our classes. If you need an accommodation, please call 866-609-5183 at least 5 business days before your class.

Refunds

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



Snapshot of our Fall 2018 Classes

September

- Introduction to Mindfulness-Based Stress Reduction
- Don't Let the Ticks Bite! *New!*
- Recognizing & Responding to Opioid Overdoses *New!*
- Introduction to Teaching Mindfulness to Children
- Mindfulness-Based Stress Reduction
- Parent & Child Yoga *New!*
- Eating Healthy on a Budget *New!*
- Local Author Series: Kari Wagner-Peck's Not Always Happy *New!*
- Understanding Pre-Diabetes

October

- Sexy Aging
- InstaHealthy: Cooking with Your InstaPot *New!*
- Teaching Mindfulness to Children Workshop
- Fundamentals of Mindfulness
- Pump Up Your Pelvic Floor *Online option!*
- The Secrets of Inflammation
- Roll Your Own Sushi
- DIY Stress Relief Activities
- Insomnia: Sleepless in Scarborough *New!*
- Movie Night: The Connection- Mind Your Body
- Vaping: The Target is Our Teens *New! Online!*

November

- Lower Your Blood Pressure with the DASH Diet
- Embodied Mindfulness *New!*
- Mindfulness & Technology *New!*
- Self-Transformation with EFT/Tapping
- Your Life, Your Choice

December

- Exquisite Empathy: Creating the Conditions for Healthy Caregiving *New!*

Introduction to Mindfulness-Based Stress Reduction (\$15)

Join us for this informative session on the Mindfulness-Based Stress Reduction (MBSR) Program. You will learn how developing meditation skills through the 9-week program can help you to manage pain, promote health and wellness, and develop a more positive response to stress.

Date: Wednesday, Sept. 5

Time: 5:30 - 7:00 pm

Location: Scarborough LRC

Instructor: Mary Bitterauf, CHES, CHWC
Certified MBSR Teacher

Don't Let the Ticks Bite! (\$15)

Ticks and the diseases they carry are becoming more common all across Maine. You may wonder why this class is taking place in September. Aren't we almost out of tick season? The spring and fall are actually the most common months that we see deer ticks, the ticks that carry disease in Maine. So it's a great time to learn!

We will cover how to recognize ticks, where to find them, and how to keep them off of you. We will also learn about the different diseases they carry, the symptoms of these diseases, and how you can avoid them.

Your instructor has a background in microbiology and public health, as well as experience educating and promoting tick awareness through Maine CDC and the University of Southern Maine. Join us to learn about the ticks we have in Maine, the diseases they carry, and most importantly: prevention!

Date: Tuesday, Sept. 11

Time: 5:00 - 6:30 pm

Location: Scarborough LRC

Instructor: Kayla Blais, MPH, LRC Health Educator



Recognizing & Responding to Opioid Overdoses (Free- Sponsored by MaineHealth)

The City of Portland's India Street Public Health Center will be presenting a training on Opioid Overdose Recognition and Response. Join us to learn:

- The risk factors that can cause an opioid overdose
- The signs and symptoms of an opioid overdose
- How to effectively respond to an opioid overdose
- The current law in regard to opioids
- Community access to support

Additionally, we will show you how to prepare naloxone (or Narcan).

Our instructor has been working in harm reduction since 2009. She is a Community Health Promotion Specialist with the City of Portland's Public Health Division and oversees the daily operations of the Portland Needle Exchange Program.

Date: Wednesday, Sept. 12

Time: 5:00 - 6:30 pm

Location: Scarborough LRC

Instructor: Zoe Brokos

Introduction to Teaching Mindfulness to Children (\$15)

Children can benefit from practicing mindfulness just as much as adults! Join us to learn how a consistent mindfulness practice can help children build focus, empathy and emotional regulation skills. Mindfulness has been shown to reduce anxiety and depression, lower rates of missed work/school days, and increase cognitive performance in children.

This class will be helpful for parents, caregivers and teachers who care for children in grades pre-K through 12. Certificates of attendance will be available if requested.

Date: Tuesday, Sept. 18

Time: 6:00 - 7:30 pm

Location: Scarborough LRC

Instructor: Erica Marcus, MAT, Teacher, and Certified Mindful Schools Instructor

Mindfulness-Based Stress Reduction (\$250)

The nine-week Mindfulness Based Stress Reduction (MBSR) Program is designed to help you cope more effectively with both long and short term stressors. Developed by Jon Kabat-Zinn from the Center for Mindfulness at the University of Massachusetts Medical Center, MBSR has been scientifically proven to enhance the ability to manage and reduce pain levels, and improve focus, resilience and the capacity to recover more quickly from challenging life events. Taught by approved and certified teachers of MBSR, we now offer both a morning and evening class. Instruction involves mindful meditation practices, discussion, gentle stretching and yoga (appropriate for all ability levels).

For more information on the class and requirements, visit www.mainehealth.org/LRC.

Date: Wednesdays, Sept. 19 - Nov. 7

Time: 10:00 am - 12:30 pm **OR**
5:30 - 8:00 pm (choose one for all classes)

Location: Scarborough LRC

Instructors: Anne Gosling, Ph.D, Mary Bitterauf, BS, CHES, CHWC (morning session)
Tim Blair (evening session)

For both sessions, participation is required on:
Wednesday, Sept. 5, 5:30-7:00 pm (Orientation)
Saturday, Oct. 20, 9:00 am - 3:00 pm (Retreat)

Parent & Child Yoga (\$15)

You may know how yoga benefits adults but did you know that it's great for kids too? Join us to learn how to get the whole family involved! Here are a few of the things you'll learn:

- Connect with your child in a positive way through yoga and mindfulness practices.
- Stay calm and focused by using your mind, body, and breath through the practice of yoga.
- Learn to bring awareness to your breath, giving you and the ability to stay calm and centered.
- Help your child feel empowered, strong, and have positive energy.
- Enjoy visualization and relaxation techniques that will benefit your entire family.

This is a hands-on class so bring a yoga mat or long towel. Children over 4 -12 years old are welcome to attend but we ask that there be 1 adult attending for every 2 children. If the weather is nice, we will be holding this class outside. Certificates of attendance will be available if requested.

Date: Friday, Sept. 21

Time: 5:30 - 6:30 pm

Location: Falmouth LRC

Instructor: Lexie Triggiani, M.Ed & Registered Yoga Teacher

Eating Healthy on a Budget (\$25)

Are you trying to spend less money on food? Or attempting to eat fewer calories during the day? Join us to learn some tips for eating healthy on a budget. A self-proclaimed 'foodie', our instructor is on a mission to save money while eating healthy food that also tastes good! She is not a professional chef; just someone who wants to share her knowledge about budgeting, meal planning, and cooking. Bring your adventurous taste buds and learn a new trick or two.

* Please note: We may be preparing meals with meat, eggs and nuts.

Date: Tuesday, Sept. 25

Time: 5:15 - 6:30 pm

Location: Falmouth LRC

Instructor: Bonnie Carleton, BS, CHES, LRC
Health Educator

Introduction to Teaching Mindfulness to Children (\$15)

Children can benefit from practicing mindfulness just as much as adults! Join us to learn how a consistent mindfulness practice can help children build focus, empathy and emotional regulation skills. Mindfulness has been shown to reduce anxiety and depression, lower rates of missed work/school days, and increase cognitive performance in children.

This class will be helpful for parents, caregivers and teachers who care for children in grades pre-K through 12. Certificates of attendance will be available if requested.

Date: Tuesday, Sept. 25

Time: 6:00 - 7:30 pm

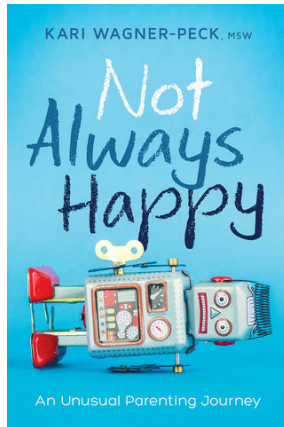
Location: Scarborough LRC

Instructor: Erica Marcus, MAT, Teacher, and
Certified Mindful Schools Instructor



Local Author Series: Kari Wagner-Peck's *Not Always Happy* (\$10)

What if we saw disability as natural? And Down syndrome was diversity instead of exclusion? This class will explore the common stereotypes about children with Down syndrome-- "they're always happy!" or ""they're so stubborn!" compared to the reality that like all children, children with Down syndrome are complex people with the same hopes and desires. This class is for both parents and professionals. Come with an open mind and heart-- and expect to enjoy yourself with frank, sharp and funny observations from the author's experience as a parent, an advocate and a clinical social worker. Kari's memoir, *Not Always Happy: An Unusual Parenting Journey* was published in 2017. After the class, there will be a book signing for those interested in staying.



Date: Thursday, Sept. 27

Time: 5:30 - 6:30 pm

Location: Scarborough LRC

Instructor: Kari Wagner-Peck, MSW

Understanding Prediabetes (\$15)

What is Prediabetes? Do I have it? Should I be worried? How do I reverse it or prevent it?

Maybe you or a family member have questions or worries similar to these. If so, this class will be a great introduction for you! We will cover the basics of what prediabetes is, how it can affect your health, and what you can do about it today.

Health educator Kayla will be the instructor for this class. She also teaches the National Diabetes Prevention Program through MaineHealth. She will cover the basics of what this program offers and how you can register if you are interested.

Date: Thursday, Sept. 27

Time: 5:00 - 6:30 pm

Location: Falmouth LRC

Instructor: Kayla Blais, MPH, LRC Health Educator

Sexy Aging (\$15)

Join us for an open and welcoming discussion of the physical, emotional, and sexual changes that happen as we age. You and your partner can keep life exciting! Some things do get better with age.

Date: Monday, Oct. 1

Time: 5:30 - 7:00 pm

Location: Falmouth LRC

Instructors: Susan Doughty, APRN, WHNP-BC and Gina Rourke, owner of Nomia Sensuality Boutique

InstaHealthy: Cooking with Your InstaPot (\$25)

Join us to experience what the Instapot rage is all about and witness how it can revolutionize and simplify your cooking. The InstaPot is perfect for busy cooks who want to be able put healthy, hot, complete, and flavorful meals on the table in minutes. We will show you how at this class. Local dietitian and home chef Leslie Ouellette will share some of her favorite recipes and demonstrate several of them onsite.

WARNING: If you don't have an InstaPot before this class, you're probably going to want to buy one!

Date: Tuesday, Oct. 2

Time: 5:00 - 6:30 pm

Location: Falmouth LRC

Instructor: Leslie A. Ouellette, MS, RD, LD, MPH

Teaching Mindfulness to Children Workshop (\$60)

This three-part series explores more in depth than the one-night Introduction to Teaching Mindfulness to Children. In each class, the instruction will include modeling, discussion, and practice. You will learn how to teach mindfulness strategies to children as you cultivate your own personal practice.

Each class will focus around a theme:

- Class one will look at senses and body,
- Class two will focus on emotions and the mind, and
- Class three will revolve around compassion practices. There will be light homework required, in which you will be asked to complete at home practice sessions and deliver material to young people in your life.

A foundation in mindfulness practice or previously taking the Introduction to Teaching Mindfulness to Children class is preferred. Certificates of attendance will be available if requested.

Date: Tuesdays, Oct. 2, 16 & 30

Time: 6:00 - 8:00 pm

Location: Scarborough LRC

Instructor: Erica Marcus, MAT, Teacher, and Certified Mindful Schools Instructor

Fundamentals of Mindfulness (\$60)

This four-week class is an introduction to the practice of mindfulness; training the mind to be awake and aware in the present moment. Mindfulness can help reduce stress, support healing and improve well being. The class will include practice, discussion and suggestions for integrating mindfulness into our busy lives. You do not need any previous experience.

Date: Mondays, Oct. 8 - 29

Time: 6:00 - 7:30 pm

Location: Scarborough LRC

Instructor: Liz Korabek-Emerson, Certified Mindfulness Instructor

The Secrets of Inflammation (\$15)

Join us to learn about the hot topic of inflammation and how it can affect our health and wellness. It impacts everything; how we eat, sleep, and poop! What is it? How do we know if we have it? What can we do to help manage it?

Let Theresa help answer some of these questions. We will touch on the basics of inflammation in regards to sugar, glycemic index, digestion and sleep. You will learn some simple, user friendly information on how your diet and sleep can affect your health.

She will share some information around inflammation from her personal and professional experience. She will talk about how to make subtle adjustments to improve health and weight management.

Date: Thursday, Oct. 11

Time: 5:30 - 7:00 pm

Location: Scarborough LRC

Instructor: Theresa Freeman, PT, LMT, CHC



Pump Up Your Pelvic Floor (\$15)

Did you know that regular pelvic floor muscle exercises can help:

- Improve bladder and bowel control
- Decrease pain during labor and childbirth
- Improve recovery from gynecological and prostate surgery, and childbirth
- Increase sexual sensation
- Increase social confidence and quality of life

This class will teach participants how to find, feel, and move their pelvic floor muscles. We will learn specific exercises to strengthen and relax the muscles and how to incorporate those exercises into a daily routine.

This class is open to men and women of all ages and stages of life, including pregnancy.

Date: Thursday, Oct. 11

Time: 5:00 - 6:30 pm

Location: Falmouth LRC and Online

Instructor: Susan Ramsey, PT, MA

DIY Stress Relief Activities (\$20)

Life can be stressful. Stress can have harmful effects on our bodies and minds. It is important to take time to reduce stress levels to keep ourselves healthy. Join us for an evening of relaxing activities. Listen to soothing music and sip tea while making your own stress-relief projects, including:

- Glitter jar
- Mini Zen garden
- Stress ball

Please note: We will be using an essential oil diffuser in this class.

Date: Wednesday, Oct. 17

Time: 5:00 - 6:00 pm

Location: Falmouth LRC

Instructor: Bonnie Carleton, BS, CHES, LRC Health Educator

Roll Your Own Sushi (\$25)

Come roll sushi with us! Join us and take the mystery out of this popular and healthy food. Get hands-on experience making sushi rolls. We'll make a variety of rolls, including cooked fish, raw fish and vegetarian. Bring your appetite!

Date: Monday, Oct. 15

Location: Falmouth

Time: 6:00 - 7:30 pm

Instructor: Jean Gould, LRC Program Manager

Movie Night: The Connection: Mind Your Body (\$20)

The Connection is a 70-minute documentary that uncovers the latest science in mind body medicine and proves we have much more to say about our health than we thought possible.

After being diagnosed with an autoimmune disease, Australian journalist and filmmaker Shannon Harvey traveled the world in search of the missing link in healthcare.

From interviewing world leading scientists to meeting people with remarkable stories of recovery from severe back pain, heart disease, infertility, cancer and multiple sclerosis, this documentary delves into the link between our mind and body.

Please join us for a brief discussion following the movie.

Date: Thursday, Oct. 18

Time: 5:30 - 7:30 pm

Location: Maine Medical Center Dana Center

Instructor: Mary Bitterauf, CHES, CHWC
Certified MBSR Teacher

Insomnia: Sleepless in Scarborough (\$15)

Do you lay awake, tossing and turning, staring at your bedside clock all night? You are not alone! 1 in 3 adults suffers from insomnia, or sleeplessness, at some point in their lives. Join us to uncover the secrets to a restful night's sleep. You'll leave with 6 hassle-free strategies to improve your sleep right away without medicines, supplements, or expensive devices. Isn't it time you ditched #teamnosleep and woke up ready to take on the day?

Date: Tuesday, Oct. 23

Time: 5:30 - 7:00 pm

Location: Scarborough LRC

Instructors: Carri Nix Kivela, MS, NP-C, George Bokinsky, MD, Jessica Begley, MPH



Pump Up Your Pelvic Floor (\$15)

Did you know that regular pelvic floor muscle exercises can help:

- Improve bladder and bowel control
- Decrease pain during labor and childbirth
- Improve recovery from gynecological and prostate surgery, and childbirth
- Increase sexual sensation
- Increase social confidence and quality of life

This class will teach participants how to find, feel, and move their pelvic floor muscles. We will learn specific exercises to strengthen and relax the muscles and how to incorporate those exercises into a daily routine.

This class is open to men and women of all ages and stages of life, including pregnancy.

Date: Thursday, Oct. 25

Time: 2:00 - 3:30 pm

Location: Scarborough LRC

Instructor: Susan Ramsey, PT, MA

Vaping: The Target is Our Teens (Free-Sponsored by MaineHealth)

Join a panel of Maine experts for an interactive discussion on vaping, JUUL and electronic nicotine delivery systems (ENDS). Find out about what your teens likely already know about vaping and what young Mainers are telling our panelists about how they are using these products. You will also have an opportunity to see some of the most common devices, receive tips from a local high school substance abuse counselor on how to talk to teens about vaping and get the latest information on Maine law regarding ENDS and usage among Maine teens. Join us to get your questions answered so you can be better prepared to talk to the teens in your life.

Date: Tuesday, Oct. 30

Time: 11:30 - 12:30 pm

Location: Online

Instructors: Kristen McAuley, MPH; Nikki Jarvais; Jill Frame, MSW, LCSW

Embodied Mindfulness (\$60)

Mindfulness is a practice that helps you become more aware and engaged in your life. Embodied Mindfulness is a practice that ties formal meditation with ordinary life by using your senses. Join Liz and learn how to match the mind and body. This will help you connect more deeply with the environment and the richness of everyday life. Sessions include sitting practice, walking, guided experiential exercises and discussion. Some past experience with meditation is advised.

Date: Mondays, Nov. 5 - 26

Time: 6:00 - 7:30 pm

Location: Scarborough LRC

Instructor: Liz Korabek-Emerson, Certified Mindfulness Instructor

Mindfulness & Technology (\$15)

Technology, like computers and smart phones, gives us incredible access to information and one another. However, it can also easily take over our attention and have a negative impact on our wellbeing. Young people are growing up in a world where technology is everywhere. They are still developing, so they are even more prone to negative effects.

Through this interactive class, families will learn about how technology impacts people who use it often and who depend on it. We will:

- Review current research around screen use
- Identify your current technology habits
- Practice some mindful technology use
- Create a Mindful Technology Use Plan for your family

This class will teach you how to manage your technology use, and how to support mindful technology use in your family, rather than be controlled by it. Children over 10 who are accompanied by parent are welcome. The price is \$15 per attendee.

Date: Tuesday, Nov. 6

Time: 6:00 - 8:00 pm

Location: Scarborough LRC

Instructor: Erica Marcus, MAT, Teacher, and Certified Mindful Schools Instructor

November/December

Your Life, Your Choice (\$10)

Advance care planning is a gift you give to yourself, your loved ones, and your caregivers. Join a certified advance care planning facilitator to explore the decisions people often face at the end of life and how to make the right decisions for you. You will also learn how to write an advance directive so your wishes will be honored.

Participants will have the opportunity to sign up to return for free one-on-one help from a facilitator.

Date: Thursday, Nov. 29

Time: 12:00 - 1:00 pm

Location: Scarborough LRC

Instructor: Jessica Begley, MPH, Certified Advance Care Planning Facilitator

Exquisite Empathy: Creating the Conditions for Healthy Caregiving (\$20)

In this class for professional and family caregivers, we will explore how mindfulness, self-reflection and creative expression can help you find a healthy balance between you and the people in your care.

You will learn:

- How to practice and integrate mindfulness into your busy life
- Simple tools for self-awareness
- How to creatively shift your perspective
- The possibility of feeling okay even when nothing around you is okay

Date: Monday, Dec. 10

Time: 6:00 - 8:00 pm

Location: Scarborough LRC

Instructor: Liz Korabek-Emerson, Certified Mindfulness Instructor



Advance care planning is for all adults.

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?

Advanced care planning is the process of:

- Choosing a healthcare agent to make decisions for you if you cannot speak for yourself
- Deciding the type of care you would or would not want to receive
- Talking about your wishes with your loved ones and providers
- Documenting your wishes in an Advance Directive

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 the 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 is not easy, but it is important to talk with your loved ones and doctor about end of life planning.

**Call 866-609-5183 or email
HealthQuestions@MaineHealth.org
to schedule a free appointment.**

MaineHealth Learning Resource Center

Have a health question? Ask a health educator!

We can help you find what you need to know. Health educators at the MaineHealth Learning Resource Center are trained to find reliable, quality health information that you can trust. This is a free service for all. Whether you're looking for information on Advance Directives, the Zika virus or anything in between, we'll help you get your questions answered from A to Z!

Visit one of our locations:

MMC Falmouth - 5 Bucknam Road



MMC Scarborough - 100 Campus Drive



Contact Us

Call toll-free: 1-866-609-5183

Email: HealthQuestions@MaineHealth.org

Online: MaineHealth.org/LRC

Facebook: facebook.com/MaineHealthLRC

Twitter: twitter.com/MaineHealthLRC1

Pinterest: pinterest.com/mainehealthLRC1

YouTube: youtube.com/mainehealthLRC