

MaineHealth  
Learning Resource Center



Winter & Spring 2019  
Class Catalog

## Welcome to winter!

Welcome to our Winter & Spring 2019 Class Catalog. We have some fun new classes for you as well as some that continue to be popular. If you are a parent or caregiver for children, check out Calm Kids to learn about the benefits of pediatric massage, Bouncing Back to learn how to help children thrive after stressful events or Bye-Bye Bedtime Battles to help everyone get the sleep they need. Those who are looking for new healthy recipes should check out InstaHealthy, Secret Sauces, Makeover Meals, Pre(vent) Diabetes or Smoothies. With all of our different options, 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](mailto:HealthQuestions@MaineHealth.org) with ideas for future classes that are of interest to you.

In health,  
The LRC Staff

Tina

Mary

Ell

Wendy

Lynn

Bonnie

Kayla

Jen

Bethany

Jane

Jenny

## How to Register

1. Go to [LRCclasses.CourseStorm.com](http://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 Winter & Spring 2019 Classes

## January

- Introduction to Mindfulness-Based Stress Reduction
- Fundamentals of Mindfulness
- InstaHealthy: Cooking with Your InstaPot
- Mindfulness-Based Stress Reduction
- Restorative Yoga *New!*
- Calm Kids *New!*

## February

- Local Author Series: Vanessa Seder's Secret Sauces *New!*
- The Secrets of Inflammation
- Restorative Yoga *New!*

## March

- Fact or Fiction: Essential Oils *New!*
- Planting the Seeds of Better Health: Planning Your Vegetable Garden *New!*
- Exquisite Empathy: Creating the Conditions for Healthy Caregiving
- Makeover Meals: St. Patrick's Day *New!*
- Pre(vent) Diabetes: Healthy Habits & Recipes *New!*
- Sexy Aging
- Reiki for Self Care
- Smoothies: Nutritious or Suspicious? *New!*

## April

- Don't Get Up: Chair Exercise for Any Body *New!*
- Movie Night: Stress: Portrait of a Killer *New!*
- Act Now: Advance Care Planning Made Easy & Fun *New!*
- Pump Up Your Pelvic Floor
- Know the 10 Signs: Early Detection Matters
- Bye-Bye Bedtime Battles

## May

- An Hour of Stress Relief & Gratitude Journaling *New!*
- Effective Communication Strategies
- Bouncing Back: Helping Children Heal & Thrive after Stressful Events *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 eight-week medically evidence-based program can help you to manage pain, promote health and wellness, and develop a more positive response to stress.

**Date:** Wednesday, Jan. 9

**Time:** 5:30 - 7:00 pm

**Location:** Scarborough LRC

**Instructor:** Mary Bitterauf, CHES, CHWC  
Certified MBSR Teacher

## 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:** Tuesdays, Jan. 15 - Feb. 5

**Time:** 6:00 - 7:30 pm

**Location:** Scarborough LRC

**Instructor:** Liz Korabek-Emerson, Certified  
Mindfulness Instructor



## **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. Leslie and Tina will share some of their 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:** Monday, Jan. 21

**Time:** 5:00 - 6:30 pm

**Location:** Falmouth LRC

**Instructors:** Leslie A. Ouellette, MS, RD, LD, MPH and Tina Pettingill, MPH, LRC Director

## **Mindfulness-Based Stress Reduction (\$250)**

The eight-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](http://www.mainehealth.org/LRC).

**Date:** Wednesdays, Jan. 23 - Mar. 13

**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 (morning session)  
Tim Blair (evening session)

**For both sessions, participation is required on:**  
Wednesday, Jan. 16, 5:30-7:00 pm (Orientation)  
Saturday, Mar. 2, 9:00 am - 3:00 pm (Retreat)

See page 2 for information  
on financial assistance

## Restorative Yoga (\$40)



Restorative yoga is the practice of allowing the body to relax and rest deeply, restoring the nervous system. Guided imagery, breath awareness, and the use of props supports us in our total relaxation. Restorative poses help relieve the effects of chronic stress, and unwind layers of holding and tension in the body and mind boosting the immune system and balancing the nervous system.

**Date:** Wednesdays, Jan. 23 - Feb. 13

**Time:** 2:00 - 3:00 pm

**Location:** Scarborough LRC

**Instructor:** Anne Gosling, Certified Yoga Instructor

## Calm Kids (\$15)

In this class for parents and child caregivers, we will discuss pediatric massage and how children can be helped with this therapy.

We will discuss:

- General information about pediatric massage
- Respectful approach to children and establishing boundaries
- Special needs that can be helped with massage, for example: pain, “growing pains,” sleep problems, ADHD, autism, cerebral palsy, and Down syndrome.
- Techniques that you can use with your children

**Date:** Thursday, Jan. 31

**Time:** 5:30 - 7:00 pm

**Location:** Scarborough LRC

**Instructor:** Nancy Sturdevant RN, LMT, Certified Pediatric Massage Therapist

Register at [LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)



## Local Author Series: Vanessa Seder's *Secret Sauces* (\$25)

A great sauce can turn a boring dish into an amazing one but we often think of sauces as either too complicated or too unhealthy. That's not the case with *Secret Sauces*. Local author Vanessa Seder will share some of her simple, healthy and delicious recipes with us. She will show us how to make a "mother" sauce that can then be used in a variety of other sauces. Vanessa is a graduate of the Institute of Culinary Education in New York, an instructor at Stonewall Kitchen and has created recipes for magazines like Ladies Home Journal, Real Simple, Health, and Cooking Light so her dishes are sure to be tasty! After the class, there will be a book signing for those interested in staying. Books will be available for purchase at registration.

**Date:** Wednesday, Feb. 13

**Time:** 5:00 - 6:30 pm

**Location:** Falmouth LRC

**Instructor:** Vanessa Seder, Author

## The Secrets of Inflammation (\$20)

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 even 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.

Our instructor 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:** Tuesday, Feb. 19

**Time:** 5:30 - 7:30 pm

**Location:** Scarborough LRC

**Instructor:** Theresa Freeman, PT, LMT, CHC

## Restorative Yoga (\$40)

Restorative yoga is the practice of allowing the body to relax and rest deeply, restoring the nervous system. Guided imagery, breath awareness, and the use of props supports us in our total relaxation. Restorative poses help relieve the effects of chronic stress, and unwind layers of holding and tension in the body and mind boosting the immune system and balancing the nervous system.

**Date:** Wednesdays, Feb. 20 - Mar. 13

**Time:** 2:00 - 3:00 pm

**Location:** Scarborough LRC

**Instructor:** Anne Gosling, Certified Yoga Instructor

## Fact or Fiction: Essential Oils (\$15)



You've probably been hearing a lot about essential oils lately- maybe about how they can help you sleep, soothe sore muscles or ease your tummy troubles. Like with many things we see today, there is a lot of mixed information out there. Join us to learn the answers to questions such as:

- Where do essential oils come from?
- What is the evidence they work?
- How do I use them?
- What should I look for when I'm buying them?

Leave this class with the knowledge of which essential oils can be used to support and promote good health and which ones you should avoid.

**Date:** Monday, Mar. 4

**Time:** 4:30 - 5:30 pm

**Location:** Scarborough LRC

9 **Instructor:** Susan Johnson, OTR/L

## Planting the Seeds of Better Health: Planning Your Vegetable Garden (\$15)

Before you can reap the physical and mental health benefits associated with gardening, you need to prepare for planting. March is the perfect time to begin planning your Maine summer garden. Whether you have a large garden plot or some containers on your front steps, starting your own seedlings can be fun and save you money.

Join Maine Medical Center Cancer Institute staff members, and resident green thumbs, Donna Green and Melanie Feinberg, as they share their own experiences with which seedlings to plant, tips to help them thrive, when to put them in the ground and how to plant them. Participants will leave with confidence about planning and planting their own garden as well as some supplies (think seedlings!) to get them started.

**Date:** Monday, Mar. 4

**Time:** 5:00 - 6:30 pm

**Location:** Scarborough LRC

**Instructors:** Donna Green & Melanie Feinberg,  
MMC Cancer Institute Staff

## Exquisite Empathy: Creating 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:** Tuesday, Mar. 5

**Time:** 6:00 - 8:00 pm

**Location:** Scarborough LRC

**Instructor:** Liz Korabek-Emerson, Certified Mindfulness Instructor

## Makeover Meals: St. Patrick's Day (\$25)



Traditional St. Patrick's Day food is delicious but not very healthy. Why not have both? Join us to see how you can makeover some St. Patrick's Day favorites that will taste great and be better for you. No luck needed!

**Date:** Tuesday, Mar. 12

**Time:** 5:30 - 7:00 pm

**Location:** Falmouth LRC

**Instructors:** Lynn Connolly, LRC Program Coordinator and Kayla Sargent, MPH, LRC Associate Program Manager

Register at  
[LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)

## Pre(vent) Diabetes: Healthy Habits & Recipes (\$25)

Have you or a family member been told that you have prediabetes? This class will explain what prediabetes is and some healthy lifestyle changes you can make to improve your overall health and prevent type 2 diabetes. We will cook some healthy prediabetes-friendly recipes and you will have the opportunity to sample a few!

**Date:** Thursday, Mar. 14

**Time:** 5:00 - 6:30 pm

**Location:** Falmouth LRC

**Instructors:** Kayla Sargent, MPH, LRC Associate Program Manager and Bonnie Carleton, CHES, LRC Health Educator

## Sexy Aging (\$15)



Sex can be a wonderful emotional experience and a great way to improve health- not just for young people. Sex later in life may not be the same as it was when you were younger but that doesn't have to be a bad thing. 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!

**Date:** Monday, Mar. 18

**Time:** 5:30 - 7:00 pm

**Location:** Scarborough LRC

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

Register at  
[LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)

## Reiki for Self Care (\$40)

In this two-part class we 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.

**Date:** Tuesdays, Mar. 19 & 26

**Time:** 5:30 - 7:30 pm

**Location:** Scarborough LRC

**Instructor:** Jessica-Jean Fletcher, Reiki Master Teacher



## Smoothies: Nutritious or Suspicious? (\$25)

Are you a smoothie-phobe? Or a smoothie-pro? Smoothies are convenient, tasty and packed with fruit and vegetable goodness. What's not to like? But, like many popular health trends, there are some things to watch out for. We're going to discover some simple rules to consider before you rev up that blender. Let's make sure you're really getting the health benefits smoothies offer without falling into a high calorie trap. We will be sampling a few of our staff favorites and go-to healthy smoothie blends—yum!

**Date:** Thursday, Mar. 28

**Time:** 5:30 - 6:30 pm

**Location:** Falmouth LRC

**Instructors:** Kayla Blais, MPH, LRC Associate Program Manager, Ellie Foster, MPH, LRC Program Manager and Tina Pettingill, MPH, LRC Director

## Don't Get Up: Chair Exercise for Any Body (\$10)



Getting fit can happen anywhere- even in a chair! Join us to learn some simple and easy moves to help work your whole body. The atmosphere will be positive and supportive and will be appropriate for all body shapes and fitness levels. We will guide you through the moves, but please note the instructor for this class is not a certified fitness instructor or personal trainer. Wear clothes you can move freely in and comfortable shoes.

**Date:** Thursday, Apr. 4

**Time:** 5:00 - 6:00 pm

**Location:** Falmouth LRC

**Instructor:** Ellie Foster, MPH, LRC Program Manager

## Movie Night: *Stress: The Portrait of a Killer* (\$15)

Stress used to be a lifesaving force. It came in bursts to help us run from predators (watch out for that saber tooth tiger!) or hunt prey (come here, you tasty antelope). Nowadays, stress shows up constantly- at work, at home, in the car, even while you are trying to sleep. If you are wondering just how much that stress impacts your body and mind, you will love this movie night. Join us to watch and discuss the National Geographic documentary, *Stress: Portrait of a Killer*. You will find out some of the dangerous ways that prolonged stress impacts your body including shrinking your brain, adding fat to your belly and even unraveling your chromosomes. A brief discussion will follow.

**Date:** Monday, Apr. 8

**Time:** 5:00 - 6:30 pm

**Location:** Scarborough LRC

**Instructor:** Ellie Foster, MPH, LRC Program Manager

Register at  
[LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)

## Act Now: Advance Care Planning Made Fun & Easy (\$15)

Join us as we host The Palliative Players at Maine Medical Center! The Palliative Players will show us what advance care planning can feel like and what to expect the conversation to be like- all through role-playing in a skit. Afterward, they will walk us through an advance directive and some of the common sticking points. You'll have a chance to ask questions and learn how to get help filling one out. Bet you never thought that learning about your advance care planning options could be so entertaining! Bring your family and friends, this is important information that everyone should have.

**Date:** Tuesday, Apr. 16

**Time:** 5:30 - 7:00 pm

**Location:** Maine Medical Center Dana Center

**Instructors:** The Palliative Players, from Hospice Volunteers of Waldo County

Co-sponsored by:



## 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 surgery, 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:** Wednesday, Apr. 17

**Time:** 5:30 - 7:00 pm

**Location:** Falmouth LRC

**Instructor:** Susan Ramsey, PT, MA

## Know the 10 Signs: Early Detection Matters (\$10)



The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this training to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

**Date:** Thursday, Apr. 25

**Time:** 3:30 - 5:00 pm

**Location:** Scarborough LRC

**Instructor:** Alzheimer's Association

## Bye-Bye Bedtime Battles (\$15)



Do you dread the constant bedtime battles with your child? Sleep is as important to your child's health and well-being as good nutrition and physical activity, but most children are not getting enough. Come learn six ways to help get bedtime back on a peaceful track. This class, geared for parents and caregivers of children age six months to three years, will cover ways to lay the foundation for healthy sleep and address common sleep problems. Certificates of attendance available for childcare providers, upon request.

**Date:** Thursday, Apr. 25

**Time:** 6:00 - 7:30 pm

**Location:** Scarborough LRC or Online. If you choose the online option, the link will be emailed to you prior to the beginning of the class.

**Instructor:** Jessica Begley, MPH, Certified Child Sleep Consultant



## An Hour of Stress Relief & Gratitude Journaling (\$20)

Life can get stressful and stress has harmful effects on our bodies and on our minds. Join us for an hour of stress relieving activities. We will listen to soothing music, sip green tea, and make glitter jars & stress balls that participants take home. We will also spend some time journaling.

**Date:** Wednesday, May 1

**Time:** 5:30 - 6:30 pm

**Location:** Falmouth LRC

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

## Effective Communication Strategies (\$10)

Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer’s, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

**Date:** Thursday, May 2

**Time:** 3:30 - 5:00 pm

**Location:** Scarborough LRC

**Instructor:** Alzheimer’s Association

## Bouncing Back: Helping Children Heal and Thrive after Stressful Events (\$10)

Have you heard about Adverse Childhood Experiences (ACEs) from your child’s healthcare provider or in the news? You may wonder what these are and how they impact your child’s overall health, now and into the future. Come learn what ACEs are, why they matter, and how your healthcare provider can help. We’ll share strategies to build resilience and protective factors to help your child grow into a healthy adult.

**Date:** Thursday, May 30

**Location:** Scarborough LRC

**Time:** 5:30 - 7:00 pm

**Instructor:** Steve DiGiovanni, MD, Medical Director Outpatient Clinics, Maine Medical Partners and Dory Hacker, LCSW, Clinical Manager, Maine Behavioral Healthcare

# Cancer Survivorship Classes

## Dempsey Centers

Both Dempsey Center locations provide free support to cancer patients and their families. We look forward to collaborating with them on other great classes!

## What Now? Finding Your Way When Cancer Treatment Ends

When cancer treatment ends you may feel lost, asking “What Now?” Led by a licensed social worker, this class gives you information about common concerns and practical tips for adjusting to your new normal.

This class is offered monthly at both Dempsey Center locations: 29 Lowell Street in Lewiston and 778 Main Street in South Portland. All class are held from 4:00 to 5:30 pm.

### Lewiston

Second Wednesdays of the month:

January 9

February 13

March 13

April 10

### South Portland

Fourth Wednesdays of the month:

January 23

February 27

March 27

April 24

You can register online [www.dempseycenter.org](http://www.dempseycenter.org) or by calling 795-8250 (Lewiston) or 774-2200 (South Portland.)

\*This class is offered by the Dempsey Center in collaboration with the MaineHealth Cancer Care Network and the MaineHealth Learning Resource Center.



# Summer Classes

In the past, the Learning Resource Center has not held classes in the summer months because there wasn't much interest. However, over the past couple of years, we've heard from many of our patrons that they would like to attend classes in the summer so we're going to give it a try!

Starting at the end of May, check out our class registration site to see our class offerings and to register. We will be scheduling repeats of some of our most popular classes as well as new ones that take advantage of the amazing area we live in. We want to hear from you: What classes would you be interested in attending during the warm weather? Email us at [LearningCenter@MaineHealth.org](mailto:LearningCenter@MaineHealth.org) and let us know!



# Summer Classes!

[LRCclasses.CourseStorm.com](http://LRCclasses.CourseStorm.com)

# 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](mailto:HealthQuestions@MaineHealth.org)

**Online:** [MaineHealth.org/LRC](http://MaineHealth.org/LRC)

**Facebook:** [facebook.com/MaineHealthLRC](https://facebook.com/MaineHealthLRC)

**Twitter:** [twitter.com/MaineHealthLRC1](https://twitter.com/MaineHealthLRC1)

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