Aging Resource Center

Summer and Fall
In-Person & Virtual Program
July – December 2023

Contact us at 603.653.3460 or agingcenter@hitchcock.org
Aging Resource Center Team
Meet the team of the Dartmouth Health Aging Resource Center. To contact a specific team member, please email agingcenter@hitchcock.org.

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Dementia Resource Specialist

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Welcome to the Dartmouth Health Aging Resource Center.

The Aging Resource Center is proud to offer a variety of education, support, engagement classes, and services to improve the minds, bodies, and spirits of older adults and their families.

Our In-Person & Virtual program includes:
- Workshops and lectures
- Support groups
- A comprehensive lending library
- Dementia resource support consultations
- Assistance with connecting to community resources

In-person programs
Are offered either at the Aging Resource Center at 46 Centerra Parkway, Lebanon, NH or the ARC Annex at the Upper Valley Senior Center at 10 Campbell Street, Lebanon NH.

Virtual classes
May be viewed from your own home or, if you have trouble connecting from home, many virtual classes are available to be viewed from the Aging Resource Center through live streaming.

We hope you join us at the Center or on the screen.

For any question about programs, please contact the Aging Resource Center at agingcenter@hitchcock.org or call 603.653.3460.
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Fall Open House

Thursday, September 14
1:00 to 4:00 pm

We invite you to come to the Aging Resource Center to celebrate fall!

Come in to the Center to meet our staff, learn about upcoming programs, and enjoy the bounty of the season.

We look forward to spending time with you!

Hours of Operation

Monday through Friday (except holidays),
9 am to 4 pm.

Please come browse our library, find free information on health topics and local resources and use our public computers. If you wish to meet with a specific member of our team, please call ahead for an appointment.

Important Program Information

- Advanced registration is required unless otherwise noted.
- Classes are free of charge.
- The programs with “Live streaming available” can be viewed at the Aging Resource Center for people who cannot join virtual programs from home by Zoom.
- Please register to either: participate from home by Zoom, or, watch available programs livestreamed at the Aging Resource Center.

Join our Weekly E-newsletter list!

There are many benefits to connecting with us electronically:

- You will receive our weekly update with the calendar for the coming week.
- You will be informed of any additional offerings added after the booklet was published.
- You can electronically enroll into programs — most classes have a link that connects to the enrollment page.

Sign up for our eNewsletter and updates today at agingcenter@hitchcock.org.

Advance Directive Support

Who would make decisions for you when you can’t?

If you need assistance completing an Advance Directive or if you have questions about the process, please call the Aging Resource Center at 603.653.3404 or 800.730.7577 or email honoring.care.decisions@hitchcock.org.

Program Accessibility

Please contact the Aging Resource Center at 603.653.3460 or agingcenter@hitchcock.org to request special accommodation of accessibility.
Dartmouth Health Aging Resource Center
Programs 2023
July-December

July

July 5
- Memoir Writing*

July 7
- The Stroke Survivors' Support Group

July 10
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

July 11
- Parkinson's Support Group

July 12
- Learn about Patient Support Corps

July 14
- Food for Your Soul

July 19
- Hearing Assistive Technology Demo

July 17
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

July 18
- Origami

July 21
- Learning to Look

July 24
- Morning Sing

July 26
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

July 27
- Drop-in Mindfulness
- The Parkinson's Workshop

July 28
- Food for Your Soul

July 31
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

August

August 3
- Ready, Steady, Balance

August 4
- The Stroke Survivors' Support Group
- Learning to Look

August 7
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting
- Watercolor Flower Garden*

August 8
- Gentle Yoga for Older Adults*
- How to Be a Health Care Agent for Someone with Dementia
- Parkinson's Support Group

August 9
- AARP Fraud Prevention: Medicare Fraud

August 11
- Normal vs. Not Normal
- Food for Your Soul

August 14
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

August 15
- Origami

August 16
- Where are the Nutrients?

August 21
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

August 22
- Perspectives

August 23
- Drop-in Mindfulness
- The Parkinson's Workshop

August 25
- Food for Your Soul

August 28
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting
September

September 1
• The Stroke Survivor's Support Group
• Learning to Look

September 5
• Your Body Believes Everything You Think!*

September 7
• A Matter of Balance*

September 8
• The American Funeral

September 11
• Morning Sing
• Zoom Practice Space - Basic Functions
• Zoom Practice Space - Hosting a Meeting
• When You Give, You Also Receive

September 12
• Dementia Conversations
• Parkinson's Support Group

September 13
• Introduction to Medicare and Its Services

September 14
• Fall Open House

September 15
• Learning to Look

September 18
• Morning Sing
• Zoom Practice Space - Basic Functions
• Zoom Practice Space - Hosting a Meeting
• AARP Fraud Prevention Program: The Internet of Things

September 19
• Origami

September 20
• More Zentangle
• Eating to Slow Mental Decline

September 21
• End of Life Café

September 22
• The Eco-Friendly Funeral
• Food for Your Soul

September 25
• Morning Sing
• Zoom Practice Space - Basic Functions
• Zoom Practice Space - Hosting a Meeting

September 26
• Perspectives

September 27
• Drop-in Mindfulness
• The Parkinson's Workshop
• Beginner Zentangle

September 29
• Food for Your Soul

October

October 2
• Morning Sing
• Zoom Practice Space - Basic Functions
• Zoom Practice Space - Hosting a Meeting
• More Zentangle

October 3
• Memoir Writing*

October 4
• Introduction to Mindfulness
• The Dementia Brain*

October 5
• Decluttering and Downsizing*

October 6
• The Stroke Survivor's Support Group
• Learning to Look

October 9
• What the Future Holds: Long-Term Care Discussion

October 10
• Understanding and Responding to Dementia-related Behavior
• Gentle Yoga for Older Adults*
• Parkinson's Support Group

October 11
• Mindfulness for Wellness*

October 13
• Food for Your Soul

October 16
• Origami

October 18
• More Zentangle
• Line Up Your Vegetables!

October 19
• Selling Your Stuff
• End of Life Café

October 20
• Social Security and You
• Learning to Look
October 23
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

October 24
- Perspectives

October 25
- The Parkinson's Workshop

October 30
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

November

November 2
- Nutritional Support for Aging Eyes

November 3
- Zoom Practice Space - Hosting a Meeting

November 14
- Effective Communication Strategies
- Parkinson's Support Group

November 15
- More Zentangle
- Foods to Improve Your Energy

November 16
- Ready, Steady, Balance
- End of Life Café

November 17
- Learning to Look

November 20
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting
- AARP Fraud Prevention: Weapons of Fraud

November 21
- Origami

November 22
- The Parkinson's Workshop

November 24
- Food for Your Soul

November 27
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

November 28
- Perspectives

December

December 1
- The Stroke Survivors' Support Group

December 4
- Living Better with Lower Vision
- Learning to Look

December 8
- Food for Your Soul

December 11
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

December 12
- Parkinson's Support Group

December 15
- Learning to Look

December 18
- Morning Sing
- Zoom Practice Space - Basic Functions
- Zoom Practice Space - Hosting a Meeting

December 19
- Origami

December 20
- More Zentangle
- Drop-in Mindfulness
- Healthy Bowels – Irritable Bowel Syndrome and FODMAPs

December 21
- End of Life Café

December 22
- Food for Your Soul

December 27
- The Parkinson's Workshop
IN-PERSON PROGRAMS

Healthy Aging

Balance Screening
Are you concerned about your balance or that you might be at risk of a fall? Balance screenings are available in-person as well as virtually.

For more information or to schedule an appointment, please contact the Fall Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org

Hearing Assistive Technology and Communication Access Apps Demonstration for Individuals Experiencing Hearing Challenges
At the Aging Resource Center, 46 Centerra Parkway, Lebanon, NH
Wednesday, July 19, 10-11:30 am
Joan Marcoux, MA
Joan Marcoux, Hearing, Vision, Speech Specialist from New Hampshire Department of Health and Human Services, will demonstrate the hearing assistive technology and communication access applications for individuals experiencing hearing and communication challenges. The devices and applications to be demonstrated include; assistive listening devices, phone and doorbell signalers, phone with captioning services, vibrating alarm clocks, visual and tactile smoke detectors, and iPad applications to assist hearing, vision and speech. While the demonstration include some information specific to NH residents, most of the information will not be specific to the region of your residency. Therefore, people from states other than NH are welcome.

Ready, Steady, Balance: How to Prevent Falls
At the Aging Resource Center, 46 Centerra Parkway, Lebanon, NH
Thursday, August 3, 10:30 am-12 pm
Dawna Pidgeon, PT
A simple slip or fall can have serious consequences for those who are getting older. Staying active and strong can be even more difficult as we limit activities outside our home due to bad weather conditions. Please join us to learn tips, including ideas specific to these times, for improving your balance and preventing falls. Balance Screening will be available for participants after the lecture.

A Matter of Balance
At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH
Thursdays, September 7 to October 26 (8 sessions), 10 am-12 pm
Spencer Burdge and Chizuko Horiuchi, BA
"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. This eight-week course will facilitate group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. This program includes some very light exercises.

For more information and registration, please email Chizuko.Horiuchi@hitchcock.org.

Nutritional Support for Aging Eyes
At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH
Thursday, November 2, 10-11 am
Chris Fields, DO
Vision loss is common among older adults and age-related eye disease is a major contributor to vision loss. Research shows that certain nutrients can help to reduce the risk and the progression of eye disease in older adults. Come find out which nutrients you should be focusing on, along with their common food sources, and help maintain your focus.
IN-PERSON PROGRAMS

Planning Ahead

**AARP Fraud Prevention: Medicare Fraud - It’s Enough to Make You Sick!**
At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH
**Wednesday, August 9, 10-11:30 am**
Elliott Greenblott, Vermont State Coordinator - AARP
Annually, 65 billion dollars is lost to Medicare Fraud that could be applied to extended benefits and reduced taxpayer liability. Learn how Medicare fraud drains resources from health care and individual pockets. The presentation also addresses how beneficiaries can fight fraud and help reduce Medicare expense.

**Introduction to Medicare and Its Services**
At the ARC Annex in the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH
**Wednesday, September 13, 10-11:30 am**
Daniel Moran, APRN
This class will provide a brief introduction to Medicare parts A, B, C, and D. Come find out how some of the Medicare services can help you live a longer, healthier life and help you identify what matters most to you should your health start to decline. We will explore: 1) how the Medicare Annual Wellness Visit can help with health promotion and disease detection and assess for cognitive impairment, depression, and falls; 2) how Transitional Care Management helps you transition from an inpatient to an outpatient setting; 3) how Chronic Care Management can help you better manage your chronic conditions between visits with your primary care provider, and 4) how Advance Care Planning can help you identify your healthcare wishes if you are unable to speak for yourself.

Technology and Aging

**Tech Coaching**
**By appointment**
Would you like to navigate your computer and phones more smoothly? Would you like to know how to save pictures and how to send them to your friends and families? Would you like to learn how to get onto Zoom meetings? Tech Coaches will work together to help you conquer your technological challenges.
To make an appointment, please contact Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org.

Dementia Education, Support and Engagement

**Dementia Resource Specialist One on One Services**
**By appointment**
Our Dementia Resource team is happy to answer any questions you may have or provide resources to match your needs.
Please feel free to email dementiaresources@hitchcock.org for questions about caregiving people with dementia.
Mind and Spirit

When You Give, You Also Receive: Panel Discussion on the Benefits of Volunteering
At the Aging Resource Center, 46 Centerra Parkway, Lebanon
Monday, September 11, 1-2:30 pm
Laurie Harding, RN
Social Isolation is linked to increased risks to many mental and physical health conditions such as depression and heart disease. One way to stay connected to your community is to volunteer your time and talent. Come hear from people who volunteer about their experiences and how volunteering benefits their lives. If you have thought about volunteering, and are not sure how to get started, this program will talk about ways to find a place that touches your heart.

Arts and Aging

Learning to Look: Conversations about Art
Friday, July 21 and August 4, 11 am-12 pm
At the Hood Musem of Art, 6E Wheelock Street, Hanover, NH
Hood Museum Docent
Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum’s collection across time and cultures. No prior experience talking about art necessary. This program is presented in collaboration with the Hood Museum of Art and Dartmouth Health Arts Program. Registration for each meeting is required.

Support Groups (for conditions other than Dementia)

Parkinson’s Support Group
Second Tuesdays of each month, 2-3:30 pm
At the Aging Resource Center, 46 Centerra Parkway, Lebanon, NH
Dartmouth Health Neurology Departmet
Designed for both the person living with Parkinson’s Disease and their loved ones/care partners. These 1.5-hour monthly in-person sessions will start with a brief group educational topic and then break into two separate sessions – a peer-led group for individuals living with Parkinson’s and one care partners facilitated by Kelly Farrell, LICSW, ACM-MSW. For more information, contact movement@hitchcock.org
Let’s Talk about Late-life Female Incontinence
Thursday, July 27, 11 am-12:30 pm Live streaming available
Anne Cooper, MD, MA
Women 60 years of age and older are invited to talk about a topic that is not always easy to talk about. The purpose of this program is to learn more about Late-Life Female Incontinence with expert Dr. Cooper and to discuss the impact, strategies for coping, and options for treatment of this condition.

Gentle Yoga for Older Adults
Tuesdays, August 8 to September 26 (8 sessions), 11 am-12 pm Live streaming available
Tuesdays, October 10 to November 28 (8 sessions), 11 am-12 pm Live streaming available
Kim Wenger Hall, RYT-500
Join Kim Hall, a Hatha yoga teacher with years of experience in health coaching and fitness. She will offer a safe and gentle introduction to the benefits of yoga. Exercise will be conducted primarily while seated and will include stretching, breathwork and relaxation. Feel the benefits of yoga as your body begins to awaken to increased movement, vitality, and a new awareness around the mind/body/spirit connection.

Normal vs. Not Normal: What Does Normal Cognitive Aging Look Like?
Friday, August 11, 1:30-3 pm Live streaming available
Dax Volle, MD
Dr. Dax Volle will discuss what cognitive changes are expected as we age, when it is considered pathologic or worrisome, and ways to address memory loss. If you are concerned about your memory or about a loved one, bring your questions. This program will help you understand what you are experiencing.

A Matter of Balance Virtual
Mondays and Wednesdays, November 6 to December 4 (9 sessions), 1-3 pm
Sharon Feeney, BA and Chiz Horiuchi, BA
"A Matter of Balance" is an award-winning program designed to manage falls and increase activity levels. This nine-session online course will facilitate group discussion to reduce the fear of falling and implement practical strategies to avoid falls and improve safety. The first session will prepare participants to engage in this interactive course by Zoom. This program includes some very light exercises.
For more information and registration, please contact the Fall Prevention Team at 603.653.3415 or email falls.prevention@hitchcock.org.
Healthy Aging

Ready, Steady, Balance: How to Prevent Falls
Thursday, November 16, 10-11 am
Dawna Pidgeon, PT
A simple slip or fall can have serious consequences for those who are getting older. Staying active and strong can be even more difficult as we limit activities outside our home due to bad weather conditions. Please join us to learn tips, including ideas specific to these times, for improving your balance and preventing falls.

Living Better with Lower Vision
Friday, December 1, 10-11:30 am Live streaming available
Amy Clark, MS, Beth Daisy, MS, and Daniel Norris, MEd
If you have just begun to deal with vision impairment, you may have questions, frustrations, and fears. This program will help you learn services available in your community and learn how to live better with low vision. Representatives from the Vermont Association for the Blind and Visually Impaired, Future in Sight (formerly NH Association for the Blind), and Sight Services for Independent Living at NH Department of Education will review the resources available in our area and explain how to use some assistive devices.

Healthy Eating for Healthy Living Series
Jean Copeland, RDN, LD

Where are the Nutrients?
Wednesday, August 16, 2-3 pm Live streaming available
In this class we will evaluate food sources of iron, protein, magnesium, potassium, and sodium. We will also learn how these nutrients will work for our well-being.

Eating to Slow Mental Decline
Wednesday, September 20, 2-3 pm Live streaming available
Eating habits influence our brain health. In this class we will look at what lifestyle factors support clear thinking, and which ones contribute to slow, agitated, or cloudy thinking.

Line up Your Vegetables!
Wednesday, October 18, 2-3 pm Live streaming available
Thawing a block of frozen spinach and putting a pat of margarine on it has never been appetizing! In this class we will consider the flavors and textures of vegetables alongside seasoning and cooking techniques for adding more variety to our menus.

Foods to Improve Your Energy
Wednesday, November 15, 2-3 pm Live streaming available
Most people want to have more energy but many of us go about it in the wrong way. In this class you will learn which eating habits drain energy, and which eating habits build energy.

Healthy Bowels – Irritable Bowel Syndrome and FODMAPs
Wednesday, December 20, 2-3 pm Live streaming available
Healthy bowel habits are vital to well-being but many of us suffer with chronic diarrhea, constipation, or alternating diarrhea with constipation. In this class you will learn about FODMAPs and their effect on bowel function in individuals with Irritable Bowel Syndrome (IBS).
Planning Ahead

Learn about Patient Support Corps
Wednesday, July 12, 11 am-12 pm Live streaming available
Inger Imset, NBC-HWC, Patient Education Specialist, and Sarah Latario, Volunteer Coordinator
Medical visits can be stressful and there are a lot of decisions and choices to make. The Patient Support Corps (PSC) volunteers at Dartmouth Health can help you prepare for your visit and be active in your health care. You can receive help to feel more prepared so you can focus on what is important during your medical appointments.
This program will explain how PSC can help you and how to you can sign-up to receive help from PSC.

The American Funeral: History and Navigational Tools
Friday, September 8, 10-11:30 am Live streaming available
Lee Webster, BA
How we care for our dead in the US is a reflection of prevailing cultural, spiritual, and economic norms that are being challenged for a variety of reasons. Learn how the funeral industry came to be in the US, what influences are still at play, and how you can negotiate your way through the purchase of professional goods and services to create a familiar funeral that really meets your needs.

The Eco-Friendly Funeral: Home Funerals and Green Burial
Friday, September 22, 10-11:30 am Live streaming available
Lee Webster, BA
People are eager to find new ways to dispose of our bodies after death that are dignified, affordable, and eco-conscious. We'll explore ways to care for our own dead while we learn about green burial. We'll also talk about mushroom suits and reef balls, plus emerging processes that seek to replace death with life affirming activities and outcomes.

“My mother wants a green burial and this information tremendously reduced my stress (and hers). This was information we would have had to find from scratch. Big help for our wellness.”
- The Eco-Friendly Funeral participant

End of Life Café: A Time to Talk and Share
Third Thursday of Each Month September through December, 2-3:30 pm
Cynthia Stadler, APRN, MSN, CHPN
Ever wonder where you can go to talk about end-of-life with other people struggling with the same questions? We have scheduled a time for you to learn and share your thoughts and fears about what happens at the end-of-life. We hope that meeting together each month will make talking about these issues a little easier for you. Registration for each meeting is required to receive the Zoom link.

Decluttering and Downsizing
Thursdays, October 5 and 12 (2 sessions), 1-2 pm Live streaming available
Lora Gerard, MPA
Thinking of downsizing as preparation for a move or just to better enjoy your current space? Join us to learn basic strategies for reducing clutter or downsizing. We will discuss how to find time and stay motivated; how to make decisions about what to keep; and how to effectively use online resources to sell or give away unwanted items.
Planning Ahead

What the Future Holds: Long-Term Care Discussion  
**Friday, October 6, 1-2:30 pm Live streaming available**  
James Thaxton, Esq.

It is imperative that seniors, those approaching retirement age, and the families of those needing long-term care, take advantage of the planning opportunities that exist today. We will discuss estate planning that everyone should have and options for paying for your long-term care, including Medicaid. While this program is not intended as a substitute for a personal appointment with an attorney, you will have the opportunity to hear about typical issues and problems that can be addressed by adequate planning. This discussion is also very helpful for those who will be serving as agents or caregivers to loved ones.

Selling Your Stuff  
**Thursday, October 19, 1-2:30 pm Live streaming available**  
Lora Gerard, MPA

Considering whether and how to sell some of your belongings? Join us for a discussion about how to decide what to sell, how to sell things safely and avoid scams, how to create good online listings, and which online options for selling may work best for your items. This class will focus on individuals selling items in direct private sales, not how to create an online business.

“The program helped me gain valuable insight on how to best deal with how to get rid of and/or sell items. I feel this will reduce the angst associated with this job. Accomplishing my down-sizing successfully will give me satisfaction.”  
- Selling Your Stuff participant

Social Security and You  
**Friday, October 20, 1:30-3 pm Live streaming available**  
Marilenin Vasquez

How well do you really understand how Social Security works and your level of benefit eligibility? Why does a spouse also qualify under your Social Security record? What happens to someone’s benefits after his or her death? These and many more topics will be discussed. Please bring your questions so they can be answered by an expert.

In Case of Emergency  
**Thursday, November 9, 10:30 am-12:30 pm Live streaming available**  
Roger and Susan Bloomfield

When the unexpected happens, it’s good to have at hand that information and those documents that will enable you or another to respond. Death, illness, accidents in your near or distant family may require you to alter your usual routine. If you have your important information well organized and up to date, you or those who are called to assist will be able to carry on. Come and share your experiences and we will share ours as counselors to numerous families. This program will help you think about what to assemble and how to organize it to meet the unexpected confidently.

Roger E. Bloomfield, Esq., is a retired Vermont and New Hampshire lawyer with over 40 years’ experience and Susan Bloomfield has assisted in his law practice and is a well-organized former teacher and librarian.
Solo Seniors: How to Plan for Aging without a Family Caregiver  
**Friday, November 10, 1-2:30 pm Live streaming available**
Renée Harvey, Esq.
Research has found that approximately one quarter of American 65 years and above are aging alone without a spouse, adult children or relatives to rely on for assistance and company during senior years; the majority of them are women. Join us for a discussion of the personal and legal considerations involved in aging as a solo senior-and how to begin planning for tomorrow...today!

“All the subjects covered. Until this presentation, I only wrote down my wishes after my death. I never considered expressing what I want as my needs change before then.”

- Solo Seniors participant

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**AARP Fraud Prevention Program Series**
Elliot Greenblot, Vermont State Coordinator - AARP

**The Internet of Things - What Secrets are Being Told by Your Refrigerator?**  
**Monday, September 18, 2-3:30 pm Live streaming available**
Our lives are being impacted by the internet in more ways than most realize. Beyond computers, tablets, and smart phones, common household items such as televisions, refrigerators, home security and access devices, and even home heat and lighting systems can be remotely controlled over the internet. Even reliable transportation such as the family car is connected and monitored. Join us for an in-depth examination of the internet fraud, how it is accessed, and how you can prevent criminal or malicious harm.

**Medicare Fraud – It’s Enough to Make You Sick!**  
**Monday, October 16, 2-3:30 pm Live streaming available**
Annually, 65 billion dollars is lost to Medicare Fraud that could be applied to extended benefits and reduced taxpayer liability. Learn how Medicare fraud drains resources from health care and individual pockets. The presentation also addresses how beneficiaries can fight fraud and help reduce Medicare expense.

**Weapons of Fraud**  
**Monday, November 20, 2-3:30 pm Live streaming available**
This program will overview the leading scams and techniques of con artists. It will also discuss the steps to take to avoid victimization. This is the AARP Fraud Prevention Program’s “Flagship” presentation as it is their oldest program and has been presented most frequently. While addressing a wide range of issues, it does not cover computer/cyber scams.
**Technology and Aging**

**Zoom Practice Space with Tech Coaches: How to Navigate Basic Zoom Functions**
**Mondays, 9-9:45 am**
Many programs and classes are now being offered via Zoom. Do you wish that you had an opportunity to practice basic functions attached to the Zoom application so that you can participate in Zoom meetings at ease? The Aging Resource Center Tech Coaches are here to help you get more familiar with Zoom and have you practice Zoom basic functions in this “Zoom Practice Space”.

**Zoom Practice Space with Tech Coaches: How to Schedule and Host Zoom Meetings**
**Mondays, 10-10:45 am**
Do you wish that you knew how to schedule and host a Zoom meeting so that you can meet your friends and families via Zoom? The Aging Resource Center Tech Coaches are here to help you learn how to schedule and host Zoom meetings.

**Tech Coaching by Zoom**
**By appointment**
Would you like to navigate your computer and phones more smoothly? Would you like to know how to save pictures and how to send them to your friends and families? Would you like to learn how to get onto Zoom meetings? Tech Coaches will help you conquer your technological challenges.

To make an appointment, please contact Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org.

From “Tech Coaching”

This was fantastic! The Tech Coach was knowledgeable, polite, patient and has a wonderful sense of humor! I learned so much and I am looking forward to another tech session!

-   Tech Coaching participant
Dementia Education, Support, and Engagement

All of the dementia programs are virtual. If you have limited internet or cannot connect from your home, livestreaming of the programs is available at the Aging Resource Center. Please contact dementiaresources@hitchcock.org or call 603-653-3484 to arrange livestreaming.

Dementia Caregiver Support Group
Megan Reed, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregiver Instructor
Caregiver support group for those caring for someone with dementia.
Please email dementiaresource@hitchcock.org or call 603.653.3484 for more information.

“I depend on the Wednesday group for emotional support! It is an important part of my life. I relate to many of the participants.”
- Dementia Caregiver Support Group participant

Savvy Caregivers
Classes will be announced.
Megan Reed, Dementia Resource Specialist and Kristina Ward, Certified Savvy Caregiver Instructor
The Savvy Caregiver program is a six-week training program for caregivers who care for someone with Alzheimer's or related dementias. In this series, caregivers are coached to learn, develop and modify their approach to caregiving. This model includes understanding the concept of contented involvement and focuses on promotion of self-care and its importance. The program builds information and knowledge about the illness, developing skills to manage daily life, and fosters a different attitude towards caregiving.
Please email dementiaresource@hitchcock.org or call 603.653.3484 for more information.

“The program has helped me understand more about my husband's dementia, what to expect down the road, and to feel empowered to prepare.”
- Savvy Caregivers participant

How to Be a Health Care Agent for Someone with Dementia
Tuesday, August 8, 11 am-12:30 pm
Bernie Seifert, LICSW
While we may not go through life wishing to become someone’s health care agent, it is not uncommon to find ourselves in that role when a loved one is experiencing dementia symptoms. Taking on such a responsibility can come with many questions, concerns, and a bit of anxiety. This program will cover how to best prepare for this important role and how to approach some of the challenging decisions you may face.
**Dementia Conversations**

**Tuesday, September 12, 11 am-12:30 pm**
Representative of Alzheimer’s Association

Learn how to have productive and successful conversations with your loved one, family and others about some of the most challenging topics when caring for someone with memory challenges. This program is offered in partnership with the Alzheimer's Association of MA/NH.

**Perspectives: Dementia Engagement for Care Partners and Loved Ones through Art**

**Fourth Tuesday of Each Month August through November, 11 am-12 pm**
Hood Museum Docent

"Virtual Perspectives" offers an intergenerational opportunity for individuals with dementia, their care partners and students to visit virtually the world-class works which are currently featured at the Hood Museum. Looking at art is an activity that can be especially enjoyable and beneficial to those with Alzheimer's disease and other forms of dementia. Art-viewing utilizes areas of the brain unaffected by the disease; it can stimulate thoughts, reactions, and emotions with minimal reliance on recent memory.

This program is presented in collaboration with the Hood Museum of Art and Dartmouth Health Arts and Humanities Program. Registration for each meeting is required to receive the Zoom link.

**The Dementia Brain**

**Wednesday, October 4 and 11 (2 sessions), 11 am-12 pm**
Lora Gerard, MPA

Dementia is often equated with 'memory problems.' While this is an important component, there are many other changes that happen to the brain. These changes impact how the person living with dementia experiences the world around them. We will learn about changes that impact the sensory systems, such as vision and hearing, and strategies to provide support through these changes. This will include modifications to the home environment that may help. We will also discuss how changes to the brain may impact the person in other ways, such as impulse control and the ability to understand speech.

**Understanding and Responding to Dementia-related Behavior**

**Tuesday, October 10, 11 am-12:30 pm**
Representative of Alzheimer’s Association

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. Some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges. This program is offered in partnership with the Alzheimer's Association of MA/NH.

**Effective Communication Strategies**

**Tuesday, November 14, 11 am-12:30 pm**
Representative of Alzheimer’s Association

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.

This program is offered in partnership with the Alzheimer's Association of MA/NH.
Mind and Spirit

Drop-in Mindfulness
**Wednesdays, July 26, August 23, September 27 and December 20, 10-11 am**
Chizuko Horiuchi, BA and Renée Pepin, PhD
Mindfulness is the practice of turning your attention to the present moment while noticing your judgement. Mindfulness is a practice to keep cultivating. We invite those who are familiar with Mindfulness to practice together and hope this drop-in Mindfulness will help the journey of cultivating your mindfulness. we will dive into practicing, so please come prepared to practice. Registration for each meeting is required to receive the Zoom link.

Your Body Believes Everything You Think!
**Tuesdays, September 5 to October 23 (8 sessions), 9-10:30 am**
Jeanne Childs, Board Certified Geriatric Chaplain
In this eight-week program, you will learn how your thoughts actually can have a negative impact on your immunity, energy, overall health, and ability to cope. With equal measures of humor and wisdom, we will try strategies to attune with our marvelous bodies, minds and spirits and release ourselves from self-defeating habits. We can learn to sync our choices with our body’s chemistry so mind and body work together. The body’s system is "rigged" to work in our favor, increasing health and happiness! Believe it!

Beginner Zentangle
**Wednesday, September 27, 2-4 pm**
Lora Gerard, MPA and Tami M. Musty, CZT
Zentangle® is a simple-to-learn method to create beautiful art by drawing simple patterns. The process is a mindful and meditative art form that some use to enhance creativity, increase focus, or just to relax. In this class, participants will learn philosophy, method, and approach to creating Zentangle art. If you can draw a line and very basic shapes, you can create beautiful work! No artistic experience is required, but artists looking to incorporate something new into their practice are welcome.

“I was so focused on drawing those lines that external noise and any thoughts that might have otherwise crept into my mind didn’t! Not only that, but I can see where practicing Zentangle will be a helpful way to "let go" of worldly thoughts and get lost in working on some type of Zentangle practice.”

- Beginner Zentangle participant

More Zentangle
**First Monday and Third Wednesday of Each Month September through December (no meeting on Labor Day, September 4)**
3:30-4:30 pm (Mondays) and 9:30-10:30 am (Wednesdays)
Lora Gerard, MPA and Tami M. Musty, CZT
Individuals who have taken Beginner Zentangle can learn additional tangles and techniques to enhance your work. Different techniques will be taught in each of these classes - you can participate in one or all of the classes to build on your knowledge. **Prior participation in "Beginner Zentangle" is required.**
Registration for each meeting is required to receive the Zoom link.
**Mind and Spirit**

**Introduction to Mindfulness**  
**Wednesday, October 4, 10-11:30 am**  
Chizuko Horiuchi, BA and Renée Pepin, PhD

Mindfulness is the practice of turning your attention to the present moment while noticing your judgement. This one-session workshop will give you a brief introduction to mindfulness and build skills that will help you focus on the here and now.

“So I already feel better after this first class, and am looking forward to the next series of classes on mindfulness, I suspect that in time they will all have a positive effect on my well-being.”

- Introduction to Mindfulness participant

**Mindfulness for Wellness**  
**Wednesdays, October 11 to November 15 (6 sessions), 10-11:30 am**  
Chizuko Horiuchi, BA and Renée Pepin, PhD

Mindfulness is the practice of turning your attention to the present moment while noticing your judgment. This six-part series will involve practicing skills that will help you focus on the here and now. You will practice a variety of mindfulness exercises and assignments to increase mindfulness in your daily life. **Prior participation in “Introduction to Mindfulness” is required.**

“So I found this program to offer practical strategies and awareness exercises to improve sensations of overwhelm that help me tremendously.”

- Mindfulness for Wellness participant

From Jane Gordon,  
More Zentangle participant
**Memoir Writing**  
**Wednesdays, July 5 to August 2 (5 sessions), 2-3:30 pm or**  
**Tuesdays, October 3 to 31 (5 sessions), 1-2:30 pm**  
Kim Gifford, MA  
We are all open to new memories, new travels, new adventures, but what about when the new becomes old? What happens when these timely adventures turn to memory? How do we recapture them and claim them fresh and new again, and what did we learn? Let’s take five weeks to open ourselves to our pasts and see what gems we can discover in writing the stories of our lives.

**Morning Sing**  
**Mondays, July 10 to Dec 18, 9-10 am**  
Dave Richardson  
Start your week off singing! Join Vermont Singer/Songwriter Dave Richardson in a virtual morning sing that will wake up your body and your mind to allow you to use your best voice for singing. No singing experience is required.  
Registration for each meeting is required to receive the Zoom link.

"This program is a wonderful way to start the week with a very supportive and talented leader who inspires us to sing to interesting tunes and to discuss them.”  
- Morning Sing participant

**Food for Your Soul: Reading Poetry Together**  
**Second and Fourth Fridays of Each Month July through December, 3-4:15 pm**  
Lori Fortini, MEd  
Poems offer ways to look at our world that are relevant for our time and give rise to deep thoughts and feelings. Join me as we read poems together. We will share and discuss our responses to the poems to feed our souls.  
Registration for each meeting is required to receive the Zoom link.
**Arts and Aging**

**Watercolor Flower Garden**  
**Mondays, August 7 to 28 (4 sessions), 10 am-12 pm**  
Kim Wenger Hall RYT-500  
For this session, we’ll play with various watercolor techniques to create depth and detail. Working from photographs and real life, we’ll hone our drawing skills and learn how to use color with both subtlety and flair.

**Learning to Look: Conversations about Art**  
**First and Third Friday of Each Month September through December, 11 am-12 pm**  
Hood Museum Docent  
Visual art can inspire and challenge us. It can also offer a focal point for rich conversations about life and ideas. Join this interactive virtual program facilitated by docents from the Hood Museum of Art to learn how to think critically about visual art in the company of your peers. Each time we will explore different works of art from the Hood Museum’s collection across time and cultures. No prior experience talking about art necessary. Curiosity is the only prerequisite!  
This program is presented in collaboration with the Hood Museum of Art and Dartmouth Health Arts Program. Registration for each meeting is required to receive the Zoom link.

**Origami: Art of Folding Papers**  
**Third Tuesday of Each Month September through December, 3:30-4:30 pm**  
Chiz Horiuchi, BA  
Origami-paper folding technique is a therapeutic activity that connects people emotionally while engaging them cognitively. It is a great mindfulness activity as it allows you to focus on the present moment. No prior experience is required. Origami is a great inter-generational activity too. Origami is a perfect way to feel calm and enjoy yourself while at home. Origami connects people who fold together because everyone starts with the same materials, a piece of paper, and then they engage in the same process.  
Please bring US letter size papers of any color or any prints with a pair of scissors if you do not have origami papers.  
Registration for each meeting is required to receive the Zoom link.

"Because of class, I've been inspired to fold origami outside of class to enjoy the process and have a mindful moment.”  
- Origami participant

**Autumn Drawing and Painting - Creating a Sense of Place with Composition, Color and Perspective**  
**Mondays, October 9 to 30 (4 sessions), 10 am-12 pm**  
Kim Wenger Hall, RYT-500  
Experiment with “soft realism:” depicting some elements very precisely depicted and some that are much more loosely done. You’ll want to bring some photographs to use as reference - ideally, ones that give you a specific feeling, create interest, or evoke memories. Artist’s choice for media - whether that’s colored pencil, pastel, acrylics or one that you’ve wanted to try out. Drawing supplies to start.
Support Groups (for conditions other than Dementia)

The Parkinson’s Workshop
**Fourth Wednesdays of Each Month July through December, 1-2:30 pm**
Dartmouth Health Neurology Department
This monthly gathering of people living with Parkinson’s Disease and their care partners provides information and strategies for managing a life with Parkinson’s. Each month, an expert in a new area of interest will discuss how to enhance quality of life while dealing with the impact of Parkinson’s Disease.
**For information, contact movement@hitchcock.org**
Registration for each meeting is required to receive the Zoom link.

- **Parkinsonisms and Atypical Parkinson’s Disease**
  **Wednesday, July 26, 1-2:30 pm**
  Mary Feldman, DO

- **Palliative Care and Parkinson’s Disease**
  **Wednesday, August 23, 1-2:30 pm**
  Dax Volle, MD

- **Sleep Disturbances – REM behavior disorder, Insomnia, Excessive Daytime Sleepiness**
  **Wednesday, September 27, 1-2:30 pm**
  Anas Hannoun, MD

- **Spiritual Well-Being with Parkinson’s Disease**
  **Wednesday, October 25, 1-2:30 pm**
  Frank Macht

- **Sexuality in Parkinson’s Disease**
  **Wednesday, November 22, 1-2:30 pm**
  Anas Hannoun, MD

- **Grief and Loss in Parkinson’s Disease**
  **Wednesday, December 27, 1-2:30 pm**
  Kelly Farrell, LICSW, MSW

The Stroke Survivors’ Support Group
**First Friday of Each Month July through December, 10-11:30 am**
Dartmouth Health Neurology Department
A stroke can be a life-changing experience. Not just for the stroke survivor, but for the whole family. This monthly peer-to-peer group, facilitated by Jennifer Lauro, MSW, CCM, allows participants to share experiences and gain encouragement from others who are dealing with similar challenges. Stroke survivors, family members and caregivers are all invited to come to the group.
**Please email: Shawna-Markie.S.Malynowski@hitchcock.org for more information and registration.**
Registration for each meeting is required to receive the Zoom link.
How to Find the Aging Resource Center:
The Aging Resource Center is located at 46 Centerra Parkway in Lebanon, New Hampshire. From Route 120, turn into the Centerra Business Park and bear left. After you pass SNAX Restaurant and the Residence Inn, the road will divide. Bear right at the “yield” sign, passing the Lebanon District Courthouse. Take your first left at the white “Aging Resource Center” sign.

How to find the ARC Annex:
Our ARC Annex is located in the Upper Valley Senior Center at 10 Campbell Street in downtown Lebanon off the green by the CCBA. Look for the Aging Resource Center banner.
About Us:
The Aging Resource Center is part of the Geriatric Center of Excellence (GCOE). The GCOE conducts wellness research, collaborates with health care teams and community groups, and provides education for health care professionals and the public. Please visit the GCOE website at https://www.dartmouth-health.org/geriatric for more information.

For information about any of our programs, to be added to our mailing list, to register, or to cancel a registration, email agingcenter@hitchcock.org, call 603.653.3460, or visit our website dhaging.org.

Unless Otherwise Noted:
- Advance registration is required
- Classes are offered free of charge