



**Dartmouth-Hitchcock**  
**Aging Resource Center**  
**Virtual Program**  
**July-December, 2021**

# Aging Resource Center Team

Meet the team of the Dartmouth-Hitchcock Aging Resource Center. To contact a specific team member, please email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org).

## Director

## Program Leader



Ellen Flaherty, PhD, APRN, AGSF



Lori Fortini, MEd

## Aging Resource Center support team



Deadra Ashton, MDiv  
Geriatric Chaplain



Chizuko Horiuchi, BA  
Resource Specialist



Kristina Moses  
Program Coordinator



Tami M. Musty  
Administrative



Megan M. Reed, MA  
Dementia Resource Specialist

**Please visit our website: [dhaging.org](http://dhaging.org) for our most current schedule**

## Healthy Aging

### **Living Healthy by Eating Healthy**

**Third Wednesday of each month, 2-3 pm**

*Jean Copeland, RDN, LD*

In this program, Jean Copeland, a registered dietitian, will talk about dietary considerations to make for specific health conditions and will provide practical advice on how to prepare your meal depending on your lifestyle and physical limitations in order to improve your well-being. Every month, she will highlight different health conditions and/or different life style. Topics for the coming months are:

**July 21** Healthy Eating for Heart Health

**August 18** Healthy Eating for Brain Health

The topics for September through December are to be announced and could include healthy eating for eye health, how to cook for one, healthy diet to enhance healthy bowel movement, how to cook healthy meals when the money is tight, what is probiotics, healthy food for arthritis, and etc. Please check our website [dhaging.org](http://dhaging.org), call Aging Resource Center 603.653.3460 or email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) for updated topics.

### **Men's Health & Aging**

**Tuesday, August 10, 10-11:30 am**

*Daniel Moran, APRN*

We will explore common health topics for men as they age. Some of the topics covered in the class will include health screening, advance directives, staying active, your changing body, life after retirement, substance use, and sex after 60.

### **Ready, Steady, Balance: How to Prevent Falls**

**Thursday, October 7, 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 COVID-19. Please join us to learn tips, including ideas specific to these times, for improving your balance and preventing falls.

### **Living a Healthy Life with Chronic Conditions**

**Tuesdays, October 12 to November 16, 9:30 am-12 pm**

*Catherine Amarante, RN, MSN and Sharon Feeney, BA*

This is a free 6-week, online, evidence-based program to help you with symptoms of chronic illness. In this program, you will discuss strategies to:

- Deal with frustration, fatigue, isolation, and poor sleep
- Exercise appropriately to maintain and improve strength, flexibility, and endurance
- Use medications appropriately
- Communicate effectively with family, friends, and health professionals
- Practice good nutrition; Balance activity and rest
- Evaluate new treatments

Participants will receive a copy of the book "Living a Healthy Life with Chronic Conditions," an exercise CD, and a relaxation CD. They will also make weekly action plans, share experiences, and help each other address any issues with their self-management. If you have questions or would like to register, call 603.653.6847 or email [Sharon.M.Feeney@hitchcock.org](mailto:Sharon.M.Feeney@hitchcock.org).

**All Programs are virtual on Zoom and registration is required unless otherwise specified.**

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## Healthy Aging

### Smart Drugs and Brain Boosters

**Wednesday, October 27, 10-11 am**

*Reema Jayakar, PhD*

Are you wondering if the Gingko Biloba you saw at your local grocery store can improve your memory? Drop in to learn about a few supplements that claim to improve your thinking skills, how the government regulates such supplements, and why natural does not always mean safe. This talk is for people with questions about supplements advertised as "smart drugs" or "brain boosters" and will also briefly cover tips from the FDA on how to detect health fraud.

## Fall Prevention Programs

### Free Balance Screening

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

#### In-person Balance Screenings:

First and Third Mondays at Heater Road  
1:30, 2, 2:30, or 3 pm by appointment

Second Wednesday at Heater Road  
1, 1:30, 2, or 2:30 pm by appointment

#### Virtual Balance Screening:

Fourth Wednesdays on Zoom  
1:30, 2:30 or 3:30 pm by appointment

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

### Tai Ji Quan: Moving for Better Balance Exercise Class

"Tai Ji Quan: Moving for Better Balance®" (TJQMBB) is a balance and strengthening exercise class that includes elements of Tai Ji Quan. TJQMBB helps older adults improve their balance and reduces their likelihood of falling. Research has shown that people who complete TJQMBB are half as likely to fall and are less fearful about falling. For more information such as available classes in the area, exact start dates, and registration, please contact the Fall Prevention Team at 603.653.3415 or email [falls.prevention@hitchcock.org](mailto:falls.prevention@hitchcock.org)

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## Planning Ahead

### **Useful Tools for Aging with Dignity**

**Thursdays, July 1, 8, and 15, 10 am-12 pm**

*Jan Lord and Richard Davis, Certified Teachers*

Come learn how to give your loved ones the gift of a carefully and thoroughly prepared advanced directive and a comprehensive checklist of important information. You will also receive a fun tool designed to help keep seniors active and connected to their community as they age. Appropriate for adults of all ages.

### **End of Life Cafe: A Time to Talk and Share**

**Third Thursday of each month, 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 will help make talking about these issues a little easier for you.

### **Home Funeral, Green Burials, and Everything In-between**

**Friday, July 16, 10-11:30 am**

**Or**

**Friday, November 19, 10-11:30 am**

*Lee Webster, BA*

Take the mystery out of funeral planning! If you're looking for a more affordable, eco-conscious funeral, plan to attend this talk about how you can green-up a funeral while forging a more family-centered, cost-effective, and natural path toward a meaningful and sustainable end. Learn what is legal, what tasks families can handle themselves, and what they might want to seek help with. We will talk about green burials, home burials, new trends and products, and much more.

### **AARP Fraud Awareness Series**

**Third Monday of each month, 2-3:30 pm**

*Elliott Greenblott, Vermont State Coordinator - AARP*

AARP Vermont Fraud Watch Coordinator, Elliott Greenblott will share insights on fraud trends and behaviors that put you at risk. He will help you understand the strategies and tactics used by con artists to defraud and he will introduce you to the most effective prevention strategies to avoid becoming a victim. Programs provide a wide range of resources as well as information on reporting fraud and scams. While presented as a series, each program is offered as independent sessions. Attend as many as you wish. Topics for the coming months are:

**July 19** Medicare Fraud: It's Enough to Make You Sick

**August 16** Cyber Fraud – Fraud, Scams, and Con-Artists: Coming to A Computer Near You

**September 20** The Weapons of Fraud: Con Artists' Psychology

**October 18** Identity Theft: Steal Your Name, Steal Your Life

**November 15** Investment Fraud: Keeping Nest-eggs from Flying Away

**December 20** The Internet of Things: What Secrets Are Being Told by Your Refrigerator?

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## Planning Ahead

### **Home Sweet Home - Tips to Age in Place**

**Thursday, July 22, 10-11:30 am**

*Ellen Flaherty, PhD, APRN, AGSF*

Nine out of ten older adults say they prefer to stay in their homes as they age, yet nearly a quarter of adults aged 85+ reside in a long-term care facility. In this program, we will discuss what you need to consider in order to age in place. This will include safety concerns, how to manage your health care and chronic conditions, home modifications and technology and the community support and resources available to you.

### **Social Security and You**

**Thursday, July 29, 10:30 am-12 pm**

*Marilenin Vasquez, Social Security Administration Office*

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.

### **Solo Seniors: How to Plan for Aging without a Family Caregiver**

**Friday, August 6, 1-2:30 pm**

*Renée Harvey, Esq.*

Join attorney Renée Harvey of Caldwell Law for a discussion on the "elder orphan". Research has found that approximately one quarter of Americans 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. Experts on geriatrics call these individuals "elder orphans." 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!

### **Decluttering and Downsizing**

**Wednesday, September 16, 2-3:30 pm**

*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.

### **What the Future Holds: Long-Term Care Discussion**

**Friday, October 1, 1-2:30 pm**

*James Thaxton, Esq.*

Join attorney James Thaxton of Caldwell Law for a discussion of long-term care planning considerations. 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.

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## Planning Ahead

### **Introduction to Medicare and Its Service**

**Tuesday, October 5, 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.

### **Helping Your "Helpers"**

**Friday, November 5, 1-2:30 pm**

*Renée Harvey, Esq.*

Join attorney Renée Harvey of Caldwell Law for a "Helper" training session. Helpers are those we appoint as our agents for financial affairs and health care, executors of our will and trustees of our trust. At this session you and your Helpers will learn how your estate plan is supposed to work if you lose capacity and after your death. The discussion is designed to help your Helpers better understand their roles – we encourage you to attend with them, as well as with other loved ones and caregivers. We will review the Helper roles and responsibilities. Do your Helpers know what to do? Do they know what your wishes are? What happens if they cannot act for you when you need them? Participants will have the opportunity to hear about typical issues and problems which can be addressed by adequate planning. Plan for you AND plan for them.

## **Advance Directive Support at the Aging Resource Center**

If you need assistance completing an Advance Directive  
or if you have questions about the process, please call:

The Honoring Care Decisions Program  
at the Dartmouth Centers for Health and Aging

**603.653.3404 or 800.730.7577**



*Aging Resource Center is "... a place to start, a soft place to fall without having to go in circles feeling frustrated wasting time and precious energy needed elsewhere ..."*

*- Aging Resource Center's participant care partner*

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## Technology and Aging

### **How Do I Find Reliable Health Information Online**

**Tuesday, September 7, 10-11:30 am**

*Pamela Bagley, PhD, MSLIS and Elaine Vitale, MLIS*

Searching for health information online can be intimidating in the best of times – it is hard to know what to trust! This workshop will introduce sources for finding reliable health and wellness information online. You will also learn tips for evaluating online health information, and discuss how to apply these tips to the ever-changing (and overwhelming) amount of online information.

### **Zoom Practice Space with Tech Coaches: How to Schedule and Host Zoom Meetings**

**Mondays, 11-11:45 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.

### **Zoom Practice Space with Tech Coaches: How to Navigate Basic Zoom Functions**

**Tuesdays, 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".

### **Tech Coaching by Zoom**

**Wednesdays, 4-4:45 pm**

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.

## Check Out Our Lending Library

*Do you need more information on a chronic health condition?*

*Guidance on how to be a better caregiver?*

*Advice on how to communicate with your spouse?*

*Perhaps you just want to spend a night in with a great film?*

Visit our lending library online at: <https://opac.libraryworld.com/opac/home.php>

Browse our 1,200 books, audiobooks, and DVDs.

We are available to help you find just what you're looking for and send it right to your home with a postage paid envelope to return it.

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## **Dementia Education and Caregiving**

### **Savvy Caregivers**

**Tuesdays, August 3 to September 14, 2-4 pm**

**Or**

**Tuesdays, October 5 to November 16, 2-4 pm**

*Certified Savvy Caregivers Instructors: Tina Moses and Megan Reed, Dementia Resource Specialist*

The Savvy Caregiver program is a 7 week training program for caregivers who care for someone with Alzheimer's or Related Dementias. Caregivers will be urged to learn, develop and modify their strategies so they can accomplish their role of caregiving – which includes the contented involvement of the person they care for. The program builds information and knowledge about the illness, developing skills to manage daily life, and fosters a different attitude towards caregiving. For more information, contact Megan Reed at 603.653.3484 or email

[Megan.M.Reed@hitchcock.org](mailto:Megan.M.Reed@hitchcock.org)

### **Planning for Incapacity**

**Friday, September 3, 1-2:30 pm**

*Renée Harvey, Esq.*

Join attorney Renée Harvey of Caldwell Law for a discussion of how to plan for the possibility of incapacity. We will discuss the estate and long-term care planning considerations in advance of being diagnosed with, or exhibiting the symptoms of, a debilitating health issue. You will have the opportunity to hear about typical issues and problems that can be avoided or reduced by adequate planning. Who will make decisions for you when you no longer can make them for yourself? What can be done if you do not have family who can help you? What happens if you are appointed to act for someone else and you become incapacitated? We encourage you to attend this session with your loved ones and caregivers. Let's start planning for tomorrow...today.

### **Effective Communication Strategies**

**Tuesday, September 14, 11 am-12:30 pm**

*Melissa Grenier, LICSW*

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 dementia progress in their journey and their 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.

### **How to Be a Health Care Agent for Someone with Dementia**

**Tuesday, September 21, 1:30-3 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.

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## Dementia Education and Caregiving

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

**Tuesday, October 12, 11 am-12:30 pm**

*Melissa Grenier, LICSW*

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.

## Dementia Engagement Programs

### **Armchair Traveler: Dementia Engagement for Care Partners and Loved Ones**

**Third Tuesday of each month through November, 10-11 am**

*Catherine Amarante, RN, MSN and Megan Reed, Dementia Resource Specialist*

Please join us for an interactive virtual travel experience. We will discover culture, music, landscape, architecture, and languages from around the world right from your own home. Our first stop will be the islands of Hawaii!

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

**Fourth Tuesday of each month, 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 D-H Arts Program.

## Resource Consultation Services

We offer patient and family consultation services on a variety of topics related to aging.

*Do you want to discuss your advance care planning decisions?*

*Are you experiencing memory problems?*

*Are you a caregiver for someone with dementia or Parkinson's disease?*

*Would you like to increase the chances that you'll be able to stay in your home as you age?*

Call to make an appointment with one of our resource specialists.

We can guide you to the community services and supports that apply to your situation.

We look forward to hearing from you!

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## Mind and Spirit

### Introduction to Mindfulness

**Wednesday, July 14, 10:30 am-12 pm**

**OR**

**Wednesday, November 10, 10:30 am-12 pm**

*Chizuko Horiuchi, BA and Renee 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.

### Beginner Zentangle

**Monday, September 13, 2:30-4pm**

*Lora Gerard, MPA*

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.

*Things you need to participate at home*

- Paper (any kind will do, though if you have drawing or art paper that is ideal) cut into 3.5 inch by 3.5 inch squares
- Pencil (a standard school pencil is fine)
- Pen (a black pen with a relatively fine tip is ideal, but a ballpoint will work great. Just pick your favorite pen for writing)
- Blending tool (tortillons are ideal, but you can also use a q-tip or a clean sponge makeup applicator of the type used for eyeshadow)

### More Zentangle

**Mondays, July 19, September 20 and October 4, 3:30-4:30 pm**

*Lora Gerard, MPA*

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.

**Note: Prior participation in "Beginner Zentangle®" is required.**

### Mindfulness for Wellness

**Wednesdays, July 21 to August 25, 10:30 am-12 pm**

**AND/OR**

**Wednesdays, November 17 to December 22, 10:30 am-12 pm**

*Chizuko Horiuchi, BA and Renee 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.

**Note: Prior participation in "Introduction to Mindfulness" is required.**

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## Mind and Spirit

### **Depression or Dementia? That is the Question**

**Tuesday, July 13, 10-11:30 am**

*Bernie Seifert, LICSW*

Some of the symptoms of depression are very similar to the symptoms of dementia. This session will provide basic information about the two conditions and answer these questions: How can we tell the difference between depression and dementia, and why is it important to do so? Is it possible for the two conditions to occur simultaneously? What are some treatment options? If you are concerned for yourself or a loved one, where can you go for help or more information?

### **Buried in Treasure**

**Thursdays, September 2 to December 16, 4-5:30 pm**

*Lora Gerard, MPA*

This is a 15-week, facilitated self-help for people who would like to reduce clutter in their homes. We will work through the Buried in Treasures workbook together and share our experiences. Whether you struggle with over-acquiring, excessive saving, or both this workshop will allow you to complete challenging and rewarding exercises towards your goals. Each week we will discuss a new skill together as a group and discuss individual progress, challenges, and successes. This program is free, but participants will need to purchase the "Buried in Treasures" workbook (about \$20 online).

### **Staying Connected at Home**

**Thursdays, September 16 to October 28, 1-2:30 pm**

*Renee Pepin, PhD*

Please join us for this series focused on Staying Connected to the things that are most meaningful to us, particularly when it is difficult for us to leave home. Together we will clarify what is most important to you, discuss how to maintain social connections, and try new ways to do familiar things. Each week we will focus on practical strategies, brainstorm together, and review how our efforts to stay connected are going. People who participated in our previous Staying Connected sessions are welcome, and so are people who are totally new to the class. We ask that you try your best to attend each session since we will build on the information from the previous weeks as we go along.

### **`Tis the Season**

**Monday, November 8, 1-2:30 pm**

*Bernie Seifert, LICSW*

Studies link Seasonal Affective Disorder (SAD) to living farther away from the equator. Many northerners feel drained, irritable, and depressed in the long, dark winter months. The holidays are an especially tough time for many. Don't let the New England latitude affect your attitude! Although SAD is common, it can be prevented and treated. This session will focus on recognizing the signs of and risk factors for SAD, what to do if you suspect that you or someone you know has SAD, and preventing and treating SAD.

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## Arts and Aging

### **Learning to Look**

**First and Third Friday of each month, 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 D-H Arts Program.

### **Creative Writing**

**Fridays, July 2 to August 6, 3-4 pm**

**OR**

**Tuesdays, November 16 to December 21, 10-11 am**

*Timothy M Hesselton, MPH*

This Creative Writing Workshop is designed for people who enjoy writing as a hobby and are looking for opportunities to write more or share their work with others. Weekly workshops will include a combination of brief writing exercises, sharing work, and a prompt to work on in the intervening week. This workshop is open to all types of writers including those who write poetry, short stories, novels, plays, or anything else, and we can work with fiction or non-fiction writers. In this program people will share their writing and form relationships. To hold a safe space where people feel comfortable sharing, we ask that people commit to the entire six-weeks of the series.

### **Morning Sing**

**Mondays, July 12 to December 20, 9-10 am**

*Dave Richardson*

Start your week off learning singing techniques. Join Vermont Singer/Songwriter Dave Richardson in a virtual morning sing that will wake up your voice and your mind. No singing experience is required.

### **Origami: Art of Folding Papers**

**Third Tuesday of each month, 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. In these Zoom sessions, you can learn to create artwork with just your hands and a piece of paper. No prior experience is required. Origami is a great inter-generational activity too. Grandparents can bring their grandchildren along if they live together. If they live separately, how about meeting up with your grandchildren in this class and participating in the same activity? Folding together will strengthen family bonds while everyone learns a new skill. During the pandemic, origami is a perfect way to feel calm and enjoy yourself while at home.

*Things you need to participate at home*

*- Origami papers*

*or*

*- Any other colored papers and a pair of scissors*

**All Programs are virtual on Zoom and registration is required unless otherwise specified.**

The link to the program will be sent directly to the email you registered with about 60 minutes before the class starts.

**Register online at [dhaging.org](http://dhaging.org)**

**Contact us at 603.653.3460 or [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) for questions.**



Please visit our website: [dhaging.org](http://dhaging.org) for our most current schedule

## Arts and Aging

### **Memoir Writing**

**Mondays, August 2 to August 30, 1:30-3 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 four weeks to open ourselves to our pasts and see what gems we can discover in writing the stories of our lives.

### **Food for Your Soul: Reading Poetry Together**

**Fridays, August 13 to December 17, 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.

### **Landscape Drawing and Painting: an Exploration of Sketching, Color Theory, and Painting**

**Mondays, September 13 to November 1, 10 am-12 pm**

*Kim Wenger Hall, RYT-500*

We'll begin with the basics of choosing subject matter, creating interesting compositions, and really looking at the scenery that makes a good painting. Then, we'll move toward drawing, mixing colors, and onward toward creating a simple landscape in acrylic. Specific supplies will be detailed in Session 1.

Things you need to participate at home

- Sketch paper (computer paper is fine)
- Pencils (a range of drawing pencils is nice but not essential)
- Erasers
- Drawing paper (thicker and sturdier than sketch paper)
- A few acrylic paints
- Brushes
- Canvas or board

## **A Heartfelt THANK YOU to Our Generous Donors!**

Our Mission is to offer valuable health and wellness education to community members, regardless of their ability to pay.

We strive to keep our programs free or low-cost.

This would not be possible without generous support from donors to whom we extend our sincerest gratitude.

To donate, please go to [dhaging.org](http://dhaging.org)

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## Support Groups

### **Support Group for Caregivers of People with Dementia**

**Wednesdays, 12:30-2 pm**

*Facilitators: Bernie Seifert, LICSW and Megan Reed, Dementia Resource Specialist*

**OR**

**Second and Fourth Thursdays of each month, 3-4 pm**

*Facilitators: Megan Reed, Dementia Resource Specialist, and Bernie Seifert, LICSW*

This is an open support group for caregivers of loved ones with dementia.

Please contact the Aging Resource Center at 603.653.3460 or email [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org) if you would like to attend the meeting.

### **The Parkinson's Workshop**

**Fourth Wednesday of September, October, November and December, 1-2:30 pm**

*Facilitators: Bill Brawley and Suzanne Simon*

This monthly gathering of people with Parkinson's and their care partners meets to share experiences and information, based on the participants needs and interests. Living with Parkinson's, we all have something practical to contribute about how to cope with this condition. Building on the work of the Proactive Parkinson's Discussion Group, we support each other, empower ourselves, and enhance quality of life through learning and discussion with experts, including medical professionals. People with Parkinson's and family care partners and friends are welcome.

### **Finding Our Way Through Grief**

**Thursdays, October 7 to November 11, 10-11:30 am**

*Facilitators: Deadra Ashton, MDiv and Marv Klassen-Landis*

Losing someone you love can be soul-shattering. Join us as we navigate this difficult interior terrain in a supportive environment, sharing the experience of our grief through conversation and written reflections. We find that the group is most beneficial and feels safer for all when people attend regularly.

### **Stroke Support and Education Group**

**Fridays, August 6, October 1 and December 3, 10-11:30 am**

*DHMC Neurology Department*

A stroke can be a life-changing experience. Not just for the stroke survivor, but for the whole family. We invite stroke survivors, family members and caregivers to come share their experiences and gain support, education and encouragement from others who know just what you are going through. Different specialists will present a talk at each meeting. If you have any questions about the meeting, please email [Sarah.L.Braginetz@hitchcock.org](mailto:Sarah.L.Braginetz@hitchcock.org) at DHMC Neurology Department.

*"The Aging Resource Center is a very valuable tool for the elderly to better understand their environment. Thanks for providing this service to the community."*

*-The Aging Resource Center's program participant*



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46 Centerra Parkway,  
Lebanon, NH 03766

## About Us:

The Dartmouth-Hitchcock Aging Resource Center is under the umbrella of the Dartmouth Centers for Health & Aging (DCHA). DCHA focuses on improving the physical, mental and spiritual health, as well as the well-being of older adults and their family caregivers.

DCHA conducts wellness research, collaborates with health care teams and community groups, provides education for health care professionals and the public, and offers support to older adults, care partners, and family caregivers.



For information about any of our programs, to be added to our mailing list, or to register or cancel a registration, contact us at: 603.653.3460, [agingcenter@hitchcock.org](mailto:agingcenter@hitchcock.org), or visit our website [dhaging.org](http://dhaging.org).

**Unless Otherwise Noted:**

- Advance registration is required.
- Classes are offered free of charge.