

Dartmouth-Hitchcock Aging Resource Center Virtual Programs – April 2022

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

Contact us at 603.653.3460 or agingcenter@hitchcock.org for questions.

Healthy Aging

Living a Healthy Life with Chronic Conditions

Tuesdays, April 5 to May 10 (6 sessions), 1-3:30 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; and, 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.

Men's Health & Aging

Tuesday, April 12, 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.

Gentle Yoga for Older Adults

Tuesdays, April 12 to May 31 (8 sessions), 11 am-12 pm

Kim Wenger Hall

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, breath work 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.

Living Healthy by Eating Healthy - Healthy Eating for Healthy Lungs

Wednesday April 20, 2-3 pm

Jean Copeland, RDN, LD

In this program, a registered dietitian Jean Copeland 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.

In April, she will focus on eating healthy for healthy lungs.

Living Better with Lower Vision

Friday, April 22, 10-11:30 am

Denise Caruso, Amy Clark, MS, Regina Mattrella, LICSW, and Daniel Norris

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.

Planning Ahead

What the Future Holds: Long-Term Care Discussion

Friday, April 1, 1-2:30 pm

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.

Decluttering and Downsizing

Thursday, April 7, 1-3 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.

Social Security and You

Thursday, April 14, 10:30 am-12 pm

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.

AARP Fraud Prevention Program – Cyber Fraud

Monday April 18, 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 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.

End of Life Cafe: A Time to Talk and Share

April 21, 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.

Selling Your Stuff

Thursday, April 28, 1-3 pm

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.

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 family 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

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.

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

Dementia Education, Caregiving, and Engagement

Savvy Caregiver

Tuesdays, April 5 to May 10 (6 sessions), 2-4 pm

Certified Savvy Caregiver Instructors: Tina Ward and Megan Reed, Dementia Resource Specialist

The Savvy Caregiver program is a 6-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.

Dementia Workshop

April 7, 3-4 pm

Megan Reed, Dementia Resource Specialist

Designed to empower care partners to address issues and concerns associated with caregiving for someone with dementia, this educational series will cover a different topic each month. The sessions will provide an opportunity for caregivers to learn from and converse with experts in the field. Topics and speakers will change monthly based on what is current and relevant to caregivers in our support groups

Effective Communication Strategies

Tuesday, April 12, 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 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.

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

April 26, 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 and Humanities Program.

Mind and Spirit

Introduction to Mindfulness

Wednesday, April 13, 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.

Mindfulness for Wellness

Wednesdays, April 20 to May 25 (6 sessions), 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.

Arts and Aging

Morning Sing

Mondays, 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.

Learning to Look

April 1 and 15, 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 and Humanities Program.

Pencils, pens, and paper, oh my!

Monday, April 4, 3:30-4:30 pm

Lora Gerard, MPA

This class is intended for participants in the Aging Resource Center's Zentangle classes, but others may attend. There is a world of art supplies out there. What do they do? How do we use them? When do we use them? This class will be an open format demonstration and discussion about papers, media for adding color such as pencils and watercolors, drawing and coloring pens, and other tools we can use in our art. This will include demonstrations of basic techniques.

No materials are required for this class, part of the intent is to help you make an informed choice before you purchase something new. If you have some supplies already that you want to ask questions about, please bring them as it may aid discussion.

Food for Your Soul: Reading Poetry Together

Fridays, 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 us as we read poems together. We will share and discuss our responses to the poems to feed our souls

Multimedia Art

Mondays, April 11 to May 10 (8 sessions), 10 am-12 pm

Kim Wenger Hall, RYT-500

Mixed Media is an umbrella term for using more than one type of art material to create an image or sculpture. A mixed media piece can be as simple as a pencil drawing that is embellished with marker, or as complex as a collage of photos decorated with fabric and affixed to a piece of driftwood.

In this class, we will approach mixed media with items you have on hand and supplies that are easy to come by. Beginning with drawing and planning a simple composition, we will work up to two more complex projects that build on skills we have developed. With so many options for media available, creating something really interesting is guaranteed.

Support Groups

Support Group for Caregivers of People with Dementia

Wednesdays, 12:30-2 pm

Megan Reed, Dementia Resource Specialist

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

Please contact Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org if you would like to attend the meeting.

Support Group for Caregivers of People with Dementia

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

Megan Reed, Dementia Resource Specialist

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

Please contact Aging Resource Center at 603.653.3460 or email agingcenter@hitchcock.org if you would like to attend the meeting.

Self-Care Sampler for Family Care Partners

Thursdays, April 28 to June 2 (6 sessions), 10-11:30 am

Deadra Ashton, M.Div., BCC

Caring for someone you love can sometimes be lonely and exhausting – but it doesn't always have to be that way. In this class, you will meet others who are walking the same path. Together we will explore concrete ways to replenish energy and lift spirits through supportive conversations and a variety of self-care practices.

The Parkinson's Workshop

Fourth Wednesdays of each month, 1-2:30 pm

Bill Brawley

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.

Stroke Education and Support Group: Stroke Survivors' Workshop

Friday April 1, June 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. In each session, we have a speaker as well as time to share experiences, and gain encouragement from others who know just what you are going through. Stroke survivors, family members and caregivers are all invited to come to the group.

If you have any questions about the meeting, please email

Sarah.L.Braginetz@hitchcock.org