



Become an OASIS Tutor



**Learn about
In-home Caregiving**

OASIS TUTOR TRAINING

If you're an adult age 50 and over who lives in the southern Illinois area and would like to share your love of reading and help children strengthen their reading skills, the OASIS Institute and John A. Logan College have an opportunity for you. Volunteers are needed for the OASIS intergenerational tutoring program, which pairs adult tutors with students in pre-kindergarten through fifth grade. In partnership with John A. Logan College, the OASIS program will be offered in five school districts – Marion, Herrin, Johnston City, Du Quoin and West Frankfort, starting in October. Volunteer tutors are provided with training and materials to help students one to two times a week in individualized, one-on-one sessions. Tutoring sessions begin in October for each district. Training sessions for volunteers will be held October 3rd, 6th, 11th, 13th, and 15th. Some sessions are scheduled at John A. Logan College and others are scheduled to be held at Our Redeemer Lutheran Church in Marion. All tutors must complete 12 hours of training and undergo a background check. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for training or to receive additional information.

Part A (3 hrs)	October 3	8:30 – 11:30 a.m.	or	October 11	6:00 – 9:00 p.m.
Part B (3 hrs)	October 3	12:00 – 3:00 p.m.	or	October 13	6:00 – 9:00 p.m.
Part C (3 hrs)	October 6	8:30 – 11:30 a.m.	or	October 15	8:30 – 11:30 a.m.
Part D(3 hrs)	October 6	12:00 – 3:00 p.m.	or	October 15	12:00 - 3:00 p.m.

All I Wanted to Know about In-home Care: An Alternative to Assisted Living

A major goal of many new government programs, senior citizen advocates, and seniors themselves is to find better ways that will allow the elderly to stay in their own homes longer, rather than moving to a care facility. The goal of home care services is to allow elders to remain at home with dignity and to maximize their ability to be independent without jeopardizing their safety in any way. The term "living in place" has become a catch phrase for describing this complex goal. Staggering facts that make in-home care and assistance a reality include:

- By the year 2030 approximately 70 million people will be over the age of 65.
- Nine out of 10 Americans age 60 and older wish to remain in their own homes and communities as they age.
- The 85+ population is projected to increase from 4.2 million in 2000 to 6.1 million in 2010 (a 40% increase) and then to 7.3 million in 2020 (a 44% increase for that decade).
- Today, 45% of the American population, or approximately 135 million Americans are affected by one or more chronic health conditions.
- Almost 75% of adults 65+ have at least one chronic condition, and 50% have at least two.
- More than 33% of adults 65+ fall once per year. Of those who fall, 20–30% suffer moderate to severe injuries that reduce mobility and independence.
- Almost 50% of older adults do not follow their medication management properly.
- Thirty percent of hospitalizations among the elderly can be attributed to mistakes managing his or her medication.
- Individuals aged 65-69 have an average of 14 prescriptions written per year. Those who are age 80-84 have an average of 18.

What is Home Care?	Oct.20th	12:30 - 2:30
What to Expect in Personal Care	Oct. 20th	2:30 – 4:30
Specific Needs and Skills	Oct. 27th	12:30 – 2:30
Navigating Supportive Services	Oct. 27th	2:30 – 4:30

This is an opportunity for anyone considering in-home assistance for himself/herself or for a loved one to learn more about that decision-making process. It is also an opportunity for persons considering in-home assistance employment to learn the skills needed to provide quality care. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

CULTURAL DIVERSITY AND MUSIC

October 11, 9:00 - Noon

From the SIU-C School of Music, Dr. Maria Johnson, whose research has focused on women's blues (esp. the empowering aspects of women's blues in performance), will offer a presentation and performance from 9:00 a.m. – Noon in O'Neil auditorium at John A. Logan College. You do not need to register for this event.

INTRODUCTION TO PHOTOGRAPHY/NATURE PHOTOGRAPHY

October 13, 1:30 – 4:00

Presenters: Corey Lenard, David Watson

Begin your journey with an introduction to a variety of cameras available in the market today. Then, enjoy a pictorial walk through some of the most beautiful country in southern Illinois. You can almost hear the crisp fall leaves underfoot while following the trek of our nature photographer as he captures the sights, sounds, and wonders of nature on film. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

FALL/HOLIDAY CRAFT DAY

October 20, 1:30 – 4:00

Presenters: Vicki Conley-Crafts, Barbara Close-Notecards, Melanie Hopper-Scrapbooking

Our presenters highlight one theme and show a variety of ways to make it your own. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

RECYCLE/RE-USE IMPROVISATIONAL THEATRE

October 27, 1:30 – 4:00

Presenters: Robert Coulson, Tim Serles

We present the science of recycling and reusing 2 liter bottles into products for the home. Many are crafted into individual fun projects while others are transformed by major distributors. Good for the environment and good for you. On a lighter note, we present an improvisational theatre which encourages audience participation throughout. Come join us and share in the laughs and hilarity while we recycle-reuse everyday articles into outrageous situational comedy. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

CHRISTMAS BAKING

November 17, 1:30 – 4:00

Presenters: Jennifer Darby, Vickie Barnard

The smells of Christmas are wonderfully unique. None more so than the homey aromas making their way from a warm, cozy kitchen. Join us as we share some down home recipes with tricks and tips to make YOU the star of the kitchen this holiday! Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

HYATT, TAKE ME AWAY

November 10, 1:30 – 4:00

Presenters: Courtney Teel/Vicki Morton

Whether you are planning a winter getaway or a summer of fun, our team will introduce you to the wide variety of possibilities waiting! Hyatt Hotels and Resorts are known worldwide as leaders in the hotel industry. Even if you don't have vacation plans in the works, join us for a fun and informative look at what Hyatt has to offer. Call the JALC Educational Programming Office, 985-3741, Ext 8696, or e-mail mabelhayes@jalc.edu to register for this workshop or to receive additional information.

INTRODUCTION TO SOCIAL MEDIA AND INTERNET SAFETY FOR SENIORS

November 3, 1:30 – 4:00

Presenters: Tim Serles/Cory Lenard

According to NPR, “A New Way To Reach Out And Touch Someone

Most older adults have been introduced to social networking by their children, Madden says. This has the potential for strengthening family ties across generations. The Pew report also found that social networking users are much more likely to reconnect with people from their past. These contacts can build and enhance support networks as people begin a second career or near retirement. The appeal of social networking for older Americans may also be related to managing health issues. Blogging and contributing to online health forums or listservs are popular activities for some people coping with a serious illness. The Pew report found that people living with a chronic disease are more likely to reach out for support online.” Learn more about FaceBook and keeping yourself safe while using the Internet.

INTERGENERATIONAL BOOK DISCUSSION CLUB

This book discussion group is open to anyone. The discussions are lively and enlightening. The group meets the fourth Tuesday of the month from 1:30 – 3:00 in Room B62, just down the hall from the O’Neil auditorium. Bring your book and ideas for discussion and join us. On September 27, we will be discussing 365 Thank You’s: The Year a Simple Act of Daily Gratitude Changed My Life by John Kralik. This is a light, nonfiction read. On October 25 we will be discussing The Girl with the Dragon Tattoo by Stieg Larsson. According to an Amazon review, in this book a 24-year-old computer hacker sporting an assortment of tattoos and body piercings and afflicted with Asperger Syndrome or something of the like has been under state guardianship in her native Sweden since she was thirteen. She supports herself by doing deep background investigations for Dragan Armansky, who, in turn, worries the anorexic-looking Lisbeth Salander is "the perfect victim for anyone who wished her ill." Salander may look fourteen and stubbornly shun social norms, but she possesses the inner strength of a determined survivor. She sees more than her word processor page in black and white and despises the users and abusers of this world. She won't hesitate to exact her own unique brand of retribution against small-potatoes bullies, sick predators, and corrupt magnates alike. Come help choose the next reading selections. You do not need to pre-register for this activity.

INTERGENERATIONAL BRAIN GAMES The Intergenerational Brain Games is a good way to keep your brain active. Come join us on the second Tuesday of the month in Room B62, just down the hall from the O’Neil auditorium from 1:30—3:30 p.m. to play dominoes, word games, critical thinking skills games, and more. Bring a favorite game or play one of ours. Anyone of any age is welcome. You do not need to pre-register for this activity.