

Winter/Spring 2020

Become a Member!

Port Alberni ElderCollege is an opportunity for adults 50+ to explore new areas of learning. No exams, no grades and no pressure! Membership is required for ElderCollege course registration.

ElderCollege Annual Membership

Course code PAEC 0001
 \$10 + GST Annual Membership Fee (Sep 1 – Jun 30)

Home Maintenance Series

Presenter: Terry Neyedli, CHI, Alpha Home Inspections

In this Home Maintenance Series Terry will focus on preventative maintenance, safety tips and will explain how upkeep will influence the condition of your home including roof, structure, safety, plumbing, heating and electrical. Know that, for peace of mind, the care and attention to your home will serve you well year after year and in comfort.

Course Code PAEC 8300
 \$35 for series or \$10/individual session + GST
 Tue, Jan 21 – Feb 18
 10 – 11:30am (5 sessions)

Register for the series or register for individual sessions listed below.

- Jan 21 – PAEC 8301 Roof Attic
- Jan 28 – PAEC 8302 Structure/Security
- Feb 4 – PAEC 8303 Plumbing
- Feb 11 – PAEC 8304 Heating
- Feb 18 – PAEC 8305 Electrical

The Chemistry & Biochemistry of Food

Presenter: Dr. Bob Perkins

You are what you eat. Have you ever wondered where this phrase comes from and whether it is actually true? Vitamins, minerals, fats, oils, carbohydrates and proteins are all in foods that you eat. Which ones do you need/want more of/less of? What exactly happens to food once it hits your stomach? Who can you believe and why does the research on good/bad foods seem to change all the time? Why are more and more people moving to a gluten-free diet? Is maple syrup/honey better for you than ordinary table sugar? Can one really understand all those strange words found on a food product label? No previous chemistry or biochemistry knowledge is required for the course.

Course Code PAEC 5621
 \$25 + GST
 Tue, Feb 25 – Mar 17
 10 – 11:30am (4 sessions)

Generations in Stories

Presenter: Sean Hickey, M.A., M.L.I.S., English Instructor at North Island College

Join Sean Hickey to examine elder protagonists and their relationship with passing time and young characters. Each session you will look at a different short story. The stories include: "A Rose for Emily" by William Faulkner; "A Good Man is Hard to Find" by Flannery O'Connor; "A Friend of my Youth" by Alice Munro. Each of these stories are available online at various websites.

Course Code PAEC 6225
 \$20 + GST
 Wed, Feb 26 – Mar 11
 1 – 2:30 pm (3 sessions)

The Significance of Living Cedar

Presenters: Dr. Kelly Johnsen & Jan Green

Connecting the past to present and future using cedar. An interactive workshop with a multimedia presentation and a cedar project to take home.

Course Code PAEC 5225
 \$15+ GST
 Mon, Mar 30
 1 – 3pm (1 session)

LGBTQ* Information Session

***Lesbian, Gay, Bisexual, Transgender, Questioning**

Presenter: Anne Ostwald

In this interactive class we will be learning about the LGBTQ spectrum through a short movie, various activities and guided discussions.

Course Code PAEC 5841
 \$10 + GST
 Fri, Apr 17
 2 – 4 pm (1 session)

Dominant World Leaders in the 1930's

Join Bill Lekich to study the four most influential men in history - Hitler, Churchill, Stalin and F.D. Roosevelt. Never in history had such dominant figures existed on the world stage at the same time. In these sessions we will examine their early lives and the roles they played in the time leading up to World War II.

Course Code PAEC 6208
 \$15 + GST
 Wed, Apr 1 & 8
 10 – 11:30 am (2 sessions)

OVER ⇨



Jan 30 – Nutrition and Cancer Prevention – Sandra Gentleman, RD

As people age, risk of developing cancer increases. This class will offer lifestyle strategies to help prevent cancer, help those improve survival and quality of life while living with cancer, plus, offer ways to help prevent recurrence and/or secondary tumours using dietary approaches. Helpful evidence-based resources will be highlighted and available for people at various stages of the disease.

Feb 6 – Brain Health and Dietary Strategies for Preventing Dementia – Sandra Gentleman, RD

This class will offer strategies for promoting good brain health with diet and nutrition. We will discuss components of the MIND diet and the evidence that lifestyle factors may help prevent dementia.

Feb 13 – Mindful Eating for Those Battling Emotional Cravings – Sandra Gentleman, RD

Do you have heart hunger? Most people eat for a variety of reasons and when emotional eating drives our hunger, this can lead to imbalances for our nutrition. In this class, we will examine why eating a healthy diet of variety and balance can be difficult in our society and strategies to become a more mindful eater.

Feb 20 – Shingles Vaccine & Blood Thinners

Larry Johannessen, Pharmacist – The Medicine Shoppe, will talk on the different types of “anti-coagulants”, their indications for use and how they work, possible side effects, dosings and warnings, etc. Also explained will be the differences between Shingrix and Zostavax and the rationale for use, along with side effects.

Feb 27 – Foot Care & Oral Health

Join Carla Crema, from Carla Cares Foot & Nail Care, to learn about Foot Care and Oral Health as you age.

Mar 5 – Dementia

Join Dianna McCombie as she shares her passion to enhance life and relationships with those People Living With Disability (PLWD). Through her interest in dementia care, she is educating communities about the Positive Approach methodology created and taught by Teepa Snow. Dementia – the word brings up a lot of questions and emotions for all of us. We know it affects the brain, but what does that mean? During this interactive session you will learn how the brain changes and what those changes mean for a person living with dementia. Care partners will learn and be able to use different approaches to maintain or regain the connections and relationships that are so important to all those involved.

Mar 12 – Arthritis

Join Lynn Barton, from Pacific Rim Physiotherapy, to learn more about Arthritis and how to manage it.

Health & Wellness Series

Course Code PAEC 5302

\$30 + GST

Thu, Jan 30 – Mar 12

1 – 3 pm (7 sessions)

A Huge Thank You to our Volunteer Presenters:

Lynn Barton, Carla Crema, Sandra Gentleman, Jan Green, Sean Hickey, Larry Johannessen, Dr. Kelly Johnsen, Bill Lekich, Dianna McCombie, Terry Neyedli CHI, Anne Ostwald, Dr. Bob Perkins

ElderCollege is able to offer such a wide variety of interesting courses because of our volunteer presenters who generously share their skills, experience and wisdom.