



# Scarborough Adult Learning Center

Winter/Spring 2022 Course Offerings



*ENJOY  
LEARN  
GROW*

[scarborough.maineadulted.org](https://scarborough.maineadulted.org)  
[adulted@scarboroughschools.org](mailto:adulted@scarboroughschools.org)  
207-730-5040



**Welcome to our  
Winter/Spring 2022  
semester**

***From the Adult Education Program Staff***

We invite you to engage with us in your pursuit of lifelong learning and hope our new semester of course offerings kindles an interest to enjoy, learn, and grow with us.

We are pleased to offer a variety of general interest, academic, healthcare training, and professional development opportunities to our Scarborough Public Schools community. Many classes will be held on-site at Scarborough High School and others are delivered via Zoom and asynchronously. Please refer to Scarborough Public Schools website for up to date CDC guidance and COVID protocols when coming in person to our school buildings.

***Inside:*** \_\_\_\_\_

Enrichment.....	3
English Language Learners.....	17
Academic.....	18
Medical Careers.....	19
Online/Professional Development .....	21
Program Information .....	22
Registration Form .....	23

*Printed on post-recycled newsprint*

We invite your suggestions for new course ideas to serve the learning needs of our community and welcome your input. Please consider sharing your passion, skill, and knowledge by teaching a course for Scarborough Adult Learning Center.

*Sincerely,*  
Marianne Doyle, Director  
Catherine Glynn, Program Assistant



**Connect with Us**  
Scarborough Adult Learning Center  
Scarborough High School, Room A100  
11 Municipal Dr., Scarborough, ME  
04074

[scarborough.maineadulted.org](http://scarborough.maineadulted.org)  
[adulted@scarboroughschools.org](mailto:adulted@scarboroughschools.org)  
Phone: 207-730-5040  
Adult Ed Director: 207-730-5045

**CORE OFFICE HOURS:**  
Tuesday, Wednesday, Thursday 12-6 pm, and later as needed for evening courses. The Learning Center is closed on school vacations, holidays, and snow days when Scarborough Schools are closed.



## Computer Basics for Beginners

Are you looking to strengthen your computer skills? Come join us for two evenings to learn more!

The first night of class, the instructor will ask about your goals and questions that you may have.

Topics that may be covered include:

- turning your computer on and off and putting it to sleep
- using a mouse versus a trackpad
- keyboard navigation
- hardware and software vocabulary
- using Google to search for information
- privacy and security considerations

Topics offered are subject to change depending on questions students bring to class! No computer needed-Chromebook laptops will be available for in-class practice.

Instructor: Jennifer Adams, Technology Instructional Coach, Scarborough High School

Session 1: Wednesdays-2 weeks,  
March 23 & 30, 4:30-6 pm

Session 2: Tuesdays-2 weeks,  
April 5 & 12, 4:30-6 pm

Cost: \$25



## Professional Development Classes

### *Online Courses Learners Love*

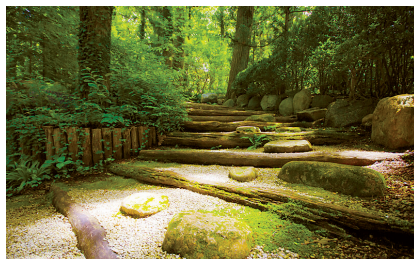
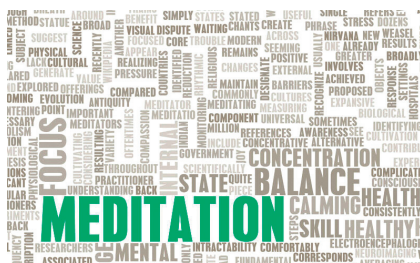
You can earn CEUs, HRCIs, and PDUs with MindEdge! Certificate offerings include Entrepreneurship, Banking, Small Business and Finance are available along with individual classes to enhance your work skills. For a full listing of classes visit:



[catalog.mindedge.com/](https://catalog.mindedge.com/)  
Scarborough or hover  
your phone camera over  
this QR code.



## 4 Enrichment / Wellness & Spirituality



### Meditation is a Mindset

Ever stayed awake half the night thinking about something that may or may not happen hours later? Listen and learn from certified Meditation and Mindfulness instructor Martin Gagnon as he shares his journey of overcoming severe anxiety fueled by a racing mind. Learn to cultivate a meditation mindset, keeping your mind focused in the present moment, leading to a reduction in stress and anxiety.

Instructor: Martin Gagnon,  
Certified Meditation and  
Mindfulness Instructor

Thursday, 6-8 pm

Session 1: April 14

Session 2: May 5

Cost: \$20

### Hearing Nature's Lessons

Nature has been a source of wonder and inspiration for philosophers, artists, scientists, and poets for centuries. Albert Einstein once said to “look deep into nature and you will understand everything.” Henry David Thoreau frequently kept company with a beech tree or yellow birch! Using a mindfulness-based approach, this class will examine how the physical traits, behaviors, and characteristics of animals can serve as lessons of wisdom for humans while instilling a greater appreciation in us all for our natural teachers.

Instructor: Martin Gagnon,  
Certified Meditation and  
Mindfulness Instructor  
Wednesday, March 2, 6-8 pm  
Cost: \$20

### Mindful Leadership

Faced with overwhelmed employees, high burnout rates, and a tough labor market, supervisors need to create a work culture that supports employees' emotional wellness. Based on the digital book, *Mastering the Yo-Yo*, Meditation and Mindfulness teacher and author Martin Gagnon shares how leaders can create a mindful work culture that fully supports and retains valuable employees.

Instructor: Martin Gagnon, Certified Meditation and Mindfulness Instructor  
Thursdays / 2 weeks, May 12 & 19, 6-8 pm Cost: \$40





### Boost Your Immunity

The strength and balance of your immune system is not only important during “cold and flu” season, but any time of the year. Learn how your immune system functions, what stressors compromise immunity, and which key nutrients and foods strengthen your immune system. Leave with healthy recipes and steps you can take to boost your immunity now!

Instructor: Stephanie Walsh, Master Nutrition Therapist at The Wholistic Health Approach

Thursday, January 27, 5:30-7 pm

Cost: \$15



### Preserving the Harvest: Rhubarb Orange Chutney

Rhubarb is one of the first edible signs of spring in Maine, and its versatility is underappreciated. Come learn the many uses of rhubarb in preserving, and make chutney, a unique, flavor-filled condiment from University of Maine Cooperative Extension staff and Master Food Preserver. We will learn how to safely preserve rhubarb using the boiling water bath method. Participants will receive recipes and a jar of chutney. Please bring a potholder with you to class.

Instructor: Kate McCarty, Food Systems Professional,

UMaine Cooperative Extension

Tuesday, April 12, 6-8:30 pm

Cost: \$25

### The Link Between Stress, Dysbiosis, and Irritable Bowel Syndrome

Stress has been shown to disturb gut microbiota balance and to even exacerbate IBS symptoms. We are now learning that gut microbiota may also play a role in IBS. This presentation shares information on this complicated condition.

Instructor: Stephanie Walsh

Thursday, March 24, 5:30-7 pm

Cost: \$15

### Detoxify Your Environment and Diet

Toxins hide in our food, water, clothes, and surroundings. Learn where toxins are hiding and how your body detoxifies itself. We will identify which foods and herbs support detoxification. Explore specific steps you can take to reduce your toxin exposure and why you should protect yourself from them. There will be an optional 21-day Detox Group sign up for anyone interested in taking steps now!

Instructor: Stephanie Walsh

Thursday, April 7, 5:30-7 pm

Cost: \$15

### Nutrition Tips for Living With Diabetes

**Zoom.** Confused about carbs? Join Scarborough Hannaford Registered Dietitian, Hillary Pride, for this informative virtual class covering nutrition for eating with diabetes. Participants will learn how to interpret a nutrition facts label, tools to help navigate the grocery store and tricks to balance their plate for a diabetes friendly diet. Instructor: Hillary Pride RDN, LD, NASM-CPT, Scarborough Hannaford Dietitian

Thursday, February 3, 6-7 pm

Cost: FREE



### Nutrition for Women

**Zoom.** As we age and our bodies change, so do our specific nutrient needs. Join Scarborough Hannaford Dietitian, Hillary Pride, for an informative look at nutrition needs specific to women. Participants will discover why nutrition is so important as we age, which nutrients to be aware of, and creative ways to add these to their plate to support strong, healthy aging.

Instructor: Hillary Pride (see bio above)

Thursday, March 24, 6-7 pm

Cost: FREE

*Hillary Pride, RDN, LD, NASM-CPT*

**Do you have a passion, skill, or talent to share?**

**What would you like to learn?**

English Language Learner, Academic Instructors & Volunteer Tutors Needed!

Please contact Catherine Glynn, Enrichment Coordinator

[cglynn@scarboroughschools.org](mailto:cglynn@scarboroughschools.org)

207-730-5040



### Beginner Guitar

A popular class! Absolute beginners and those with a little experience will learn the chords, skills, and techniques needed for a strong foundation for starting their guitar-playing journey. Learn how to strum simple tunes and how to make the most of your practice time. Acoustic guitar and picks required, and an electronic tuner and capo are highly recommended.

Instructor: Ian Weidner. Ian has played the guitar for over 25 years, and he currently teaches individual and group lessons. He has taught at Scarborough Adult Education for eight years.

Wednesdays / 4 weeks.

February 16 through March 16,  
6:30-8 pm. No class February 23

Cost: \$60

### Intermediate Guitar

A great class for those who have played guitar for a while, can competently strum through songs, and want to expand their knowledge of mapping the fretboard, scales, triads, and some simple music theory. Learn to use the C-A-G-E-D system to navigate and better understand the fretboard. You will learn some scales you can use to improvise and express your unique creativity. Learn techniques to add dynamics to your rhythm playing! Acoustic guitar and capo required. Electronic tuner highly recommended.

Instructor: Ian Weidner (see bio at left)  
Tuesdays-2 weeks.

February 15 & March 1,  
6:30-8 pm

Cost: \$30

### Beyond Beginner Guitar

Ready to take it to the next level? Further develop your guitar playing skills and improve your understanding of the guitar fret board. We'll also play blues progressions and rhythms, touch on simple music theory, and begin to improvise and express each student's creativity. Acoustic guitar, capo, and pick required, and an electronic tuner is highly recommended.

Instructor: Ian Weidner

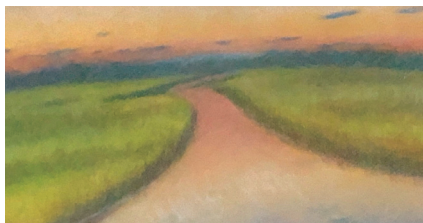
Wednesdays / 4 weeks

March 23 through April 13,  
6:30-8 pm.

Cost: \$60

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*Where words fail, music speaks.*



### Pastel Painting

**Zoom** Students will learn the basic skills of pastel painting, including the layering and blending of colors along with developing composition and value. Still life and landscape photos will be used as references. Mindfulness exercises will accentuate the creative process and allow the inner artist to unfold naturally without judgment or fear. Suitable for beginners as well as those with previous experience. A supply list is provided when the class is determined to run.

Instructor: Christopher Reed, BA in Visual Arts, Bowdoin College. Painter, exhibitor, and art teacher. [www.christopherreed.com](http://www.christopherreed.com)

Session 1: Tuesdays / 6 weeks.

February 1 through March 15,  
12:30-2:30 pm. No class February 22.

Session 2: Tuesdays / 6 weeks.

March 22 through May 5, 12:30-2:30  
pm. No class April 19.

Cost: \$79



### Mixed Media

**Zoom** This class will provide the opportunity to explore a range of different artistic techniques and mediums, including watercolor pencils, ink, pastels, charcoal, and graphite. Students will have the opportunity to work in representational and abstract styles based on photos. Mindfulness exercises will be used to minimize the inhibitions associated with the creative process. A supply list is provided before class begins.

Instructor: Christopher Reed

Session 1: Thursdays / 6 weeks.

February 3 through March 17,  
12:30-2:30 pm. No class February 24.

Session 2: Thursdays-6 weeks.

March 24 through May 12, 12:30-2:30  
pm. No class April 7 & 21.

Cost: \$79



### Register early and tell your friends about our classes and programs.

Many classes have a minimum required number of participants in order to run, so enroll early and encourage a friend to join you. Mail the registration form at the end of this catalog, or secure your spot online at [scarborough.maineadulted.org](http://scarborough.maineadulted.org).





### Sea Glass Window Workshop

Make a sea glass window! You will have sea glass, shells, stones, sand, and driftwood to make a wood-framed 8x10 art piece. Create your own design or use one of the provided templates. You will complete your sea-side design in the workshop and will be given a kit and directions to complete and “cure” your piece at home. Instructor: Lisa Young, [coastalcraftworkshop.com](http://coastalcraftworkshop.com)  
Tuesday, May 17, 5:30-7:30 pm  
Cost: \$49 includes materials



### Why not take a class with someone you care about?

Learning together is an opportunity to reconnect, deepen your relationship and discover something new about your partner or friend as well as yourself!

Sign up for a course now:  
[www.scarborough.maineadulted.org](http://www.scarborough.maineadulted.org)



### Floating Embroidery photo

Create a magical “floating” piece of embroidery! Learn to use basic embroidery stitches on tulle cloth in a 6 inch round embroidery hoop. Make a lovely piece for your home or to give as a gift! Instructor: Sarah deGrandis, BFA.  
Instagram: [sjanecraft](https://www.instagram.com/sjanecraft)  
Tuesday, February 15, 6-8 pm  
Cost: \$45 includes materials




### Modern Punch Needle

Make a modern and fun piece of wall art for your home using the traditional craft of punch needle rug hooking! Learn the basics and tools of punch needle, as well as tips and tricks, ideas on how to finish your piece, and the confidence to start new projects on your own. Choose from a cute cat, floral, mod drop, color block bloom, or modern abstract design. Cost includes materials kit with hoop, punch needle, cloth, yarn, and tip sheet. Instructor: Sarah deGrandis, BFA.  
Instagram: [sjanecraft](https://www.instagram.com/sjanecraft)  
Tuesday, March 8, 6-8 pm  
Cost: \$45 includes materials

## 10 Enrichment / Exercise and Dance

### Pumped Up Strength

 **Zoom** Pumped Up Strength is a new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to fun music.

The result? A sweat-drenched, functionally efficient workout that will challenge your body in new ways, improve lean muscle mass, and rev your metabolism.

In this class you will want a set of hand weights anywhere from 5lbs - 15lbs.

Instructor: Jenna Chase, Associate Director of Health & Wellness Programming at St. Joseph's College  
Fridays, 6:15-7am.

Session 1 - 1/21 - 2/25

Session 2 - 3/2 - 4/8

Session 3 - 4/15 - 5/20

Cost: \$39

### Barre Bootcamp

**Zoom** This low impact workout produces a big burn! Barre combines elements of strength training, Pilates/ Yoga, and dance. Small movements and many repetitions tone muscles that you didn't even know you had! Join Instructor Jenna Chase to look and feel your best.

Instructor: Jenna Chase, Associate Director of Health & Wellness Programming at St. Joseph's College  
Tuesdays, 6:15-7am.

Session 1 - 1/18 - 2/22

Session 2 - 3/1 - 4/5

Session 3 - 4/12 - 5/17

Cost: \$39

### Contemporary Dance

If you're new to dance, or you danced long ago and want to get back to it, this is the class for you. It is taught by Brigitte Paulus, a professionally trained dancer with over 30 years of experience teaching people of all ages and abilities. Brigitte believes that anyone can be a dancer. She loves to teach people the skills and vocabulary of dance while sharing her passion for its artistry. Contemporary dance is a mix of all styles, pulling from ballet, jazz, popular dance, and more. The music is fun and the movements can be modified so everyone can do them safely. In a mixed level class people with existing training will be challenged, while beginners will be taught the basic skills. Brigitte is currently teaching at Scarborough High School and for Vivid Motion Dance. No special dancewear needed: Socks, leggings or sweatpants, a t-shirt, and a willingness to have some fun while you learn is all you need.

Instructor: Brigitte Paulus

Tuesdays, 6 weeks, January 25 through March 8, 5:30-6:30

Cost: \$59

## Teach with us!

The Adult Learning Center welcomes qualified instructors for enrichment and vocational courses. Share your passion, skill, and knowledge with adult learners in our community.



### **Sunday in the Cemetery**

Scarborough's Dunstan Cemetery holds a great collection of early 1800s slate grave markers from the shop of our region's first stonecutter, Bartlett Adams. Additional interesting monuments in marble and zinc, plus a few surprises, can also be found. You'll see the best that Dunstan has to offer on this guided walk with cemetery historian and author Ron Romano. This walk is on even ground, but wear comfortable shoes as we will stroll the cemetery for about an hour. Held rain or shine, unless there is extreme weather. 15 participants per tour. Additional parking information will be shared before the walk.

Sunday, May 22

Walk 1: 12 noon-1 pm.

Walk 2: 2-3 pm.

Cost: \$10

### **Getting to Know Marsh Birds**

Scarborough has Maine's largest saltwater marsh, covering over 3100 acres! This special habitat is vital to a wide variety of birds which use it for a migratory stopover, food source, and nursery. Learn about the variety of birds, including endangered and threatened species, that make the marsh their home, and how to identify them.

Instructor: Linda Woodard,  
Director of the Scarborough Marsh Audubon Center

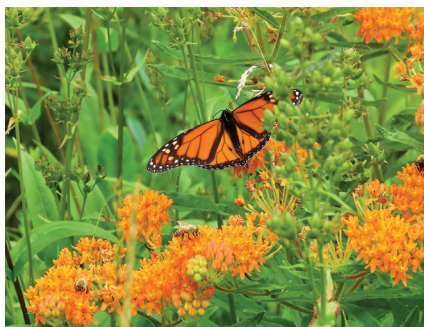
Wednesday, April 13, 6-8 pm

Cost: \$19





## 12 Enrichment / Home and Family



### **Make Your Yard a Pollinator Paradise!**

Pollinators, our bees and butterflies among them, have suffered greatly from habitat loss, pesticides, and invasive plant species. Planting a pollinator garden is more important now than ever to help our pollinator friends! Even a small garden can make a huge difference. Learn how to create a landscape that supports pollinators including butterflies, moths, and hummingbirds with plants that will provide nectar and pollen throughout the growing season.

Instructor: Amy Melissa Witt,  
Earth Walkers, LLC  
Wednesday, April 13, 6:30-8 pm  
Cost: \$19



### **Backyard Chickens**

Fresh eggs, tick protection, garden compost and more from raising backyard chickens! Chickens are relatively low maintenance and offer so many rewards. Learn what it takes to raise happy hens in suburban spaces. Topics covered include: baby chicks, best breeds for your family, hen houses and yard setup, feeding and health, and winter care. Bring your questions and get expert answers to successfully raise a few of your own hens.

Instructor: Raychell Libby  
Tuesday, March 29, 5:30-7 pm  
Cost: \$15

### **Houseplants 101**

Take home a baby plant! Houseplants purify air, regulate humidity, and even reduce stress levels. This class teaches you the basic needs of houseplants: light, soil, water, nutrients, and protection from pests. Explore best plant varieties for various light levels, easiest care, air purification, and even gift-giving. Learn basic propagation techniques, and try your hand at potting your very own baby plant. Bring a box or bag to protect the plant you will take home.

Instructor: Raychell Libby, Horticulturist, Landscaper and Owner of Fer-vor Farm in Hollis.

Tuesday, February 15, 5:30-7 pm

Cost: \$15





## Leave a Legacy: A Memoirs Journal

This creative seminar is for anyone who wants to record their precious memories and family stories to pass on to future generations. The evening will include giving structure to writing our histories/herstories! Give the greatest gift of all: family memories.

Instructor: Jill Braceland,  
Owner at Managing Change  
Wednesday, April 27, 6-8 pm  
Cost: \$19

## Downsizing?

Clearing out for the spring or downsizing your household? This seminar is designed to offer organizing strategies to kickstart your downsizing efforts. Establish your project priorities, learn what supplies you might need, and set realistic time goals. Leave with an action plan!

Instructor: Jill Braceland, Owner at  
Managing Change  
Wednesday, May 4, 6-8 pm  
Cost: \$19

## Winter Skin Care Tips

Maine winters can be drying for our face and skin, particularly as we age because our skin is less elastic. Learn tips on how to keep your skin more hydrated and healthier. Participants will be treated to a free Skin-Skan™ which uses ultraviolet black and white lights to look below the surface layer of your facial skin to identify sun-damage, oily areas, poor circulation, clogged pores, dehydration and dead cells. Let's take a close look and learn the best skin care prescription for you.

Instructor: Candace Sanborn  
of Radiant Image  
Wednesday, January 26, 6-8 pm  
Cost: \$30



## Emergency Preparedness at Home, Short and Long Term, Do You Know the Difference?

*Are you, your family, and pets prepared for a long-term power outage, the impacts of a severe snow or ice storm, major hurricane, flooding, or other extended emergency?* One or two days without electricity and heat may be manageable, but what about extended periods and/or if you need to evacuate to a shelter? Learn greater self-sufficiency for the days after an extended and/or area-wide emergency. Topics include: assembling an emergency preparedness kit; creating a family emergency and communication plan; overviewing issues related to food, water, lighting, heat, health and hygiene; prevention and mitigation strategies you can do at home to protect household members, valuables and important documents; and info on community resources and shelters.

Instructor: Rich Kindelan, Deputy Fire Chief-EMS, Local Health Officer  
Thursday, February 10  
5:30-7pm  
Cost: FREE



## **Cumberland County Regional Hub**

*The Cumberland County Regional Hub Adult Education programs partner to offer the following at one or more Adult Education locations:*

**College Success Seminar  
Math for College  
Reading and Writing for College  
Career Counseling**

**Please contact individual program  
for information or to register:**

Bonney Eagle Adult Education .....	207-929-9185
Freeport (RSU5) Adult Education.....	207-865-6171
Gorham Adult Education .....	207-222-1095
Gray-New Gloucester Adult Education .....	207-657-9611
Lake Region Adult Education.....	207-627-4291
Portland Adult Education .....	207-874-8155
<b>Scarborough Adult Learning Center .....</b>	<b>207-730-5040</b>
South Portland Adult Education.....	207-767-3266, ext. 3834
Westbrook Adult Education .....	207-854-0826
Windham-Raymond Adult Education .....	207-892-1819

# BOOMERTECH ADVENTURES

Each online course is completed at your own time and pace with materials we provide: a PDF booklet with class information, instructional videos, and PDF articles on class content. BoomerTech instructors Ed Brazee, Jill Spencer, and Chris Toy are available via email and online chat for personalized support. Students are recommended to plan 1-2 hours a week on each class for 4 weeks. A strong internet connection is required for these courses.



## **Cooking With BoomerTech Adventures Online**

Your BoomerTech Adventure guides Chris, Jill, and Ed share their love of cooking with a wide assortment of tasty recipes. Learn how to prepare stir fries using traditional Chinese flavorings. Make fresh pasta and sweet potato gnocchi! Learn to make your own pita pockets, flat breads, and tortillas. Finally, who can resist a rich chocolate brownie torte or luscious apple pie?

Cost: \$35

Session 1: January 24

Session 2: February 15

Session 3: March 21

Session 4: April 18

## **Hidden Gems Lurking on Your iPhone & iPad**

Did you know that your iPhone tracks your movements? The keyboard has hidden keys? You can write and draw on your photographs? Our iPhones & iPads have many timesaving features that allow you to be creative and efficient. These “hidden gems” will show you how to learn the advanced features of your iPhone and iPad.

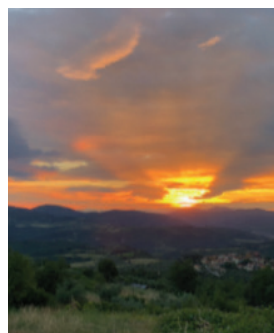
Cost: \$35

Session 1: January 24

Session 2: February 15

Session 3: March 21

Session 4: April 18



## **Fantastic Photo Finishes: Organize & Edit Images With Your iPhone/iPad Photos App**

Most of us take hundreds of photos that languish on our iPhone, iPad, or in the Cloud. Learn how to edit and organize your photos! The Photos app, ready-made slideshows, and use of albums will also be covered.

Cost: \$35

Session 1: January 24

Session 2: February 15

Session 3: March 21

Session 4: April 18



## Acadian Arts Spring Retreat at Grey Havens Inn • May 23-26, 2022

**\$395 covers workshops and all meals.**

*Make payment to Scarborough Adult Learning Center*

Escape to a grand Victorian inn on the coast of Maine with an intimate group of artists and cooks. You'll get to choose one of three hands-on workshops, plus an opportunity to experience one or more of the other offerings during our four days together. For overnight accommodations please contact The Grey Havens Inn (<https://greyhavens.com>). Day students are also welcome!

**Watercolor painting** flows and moves beautifully. Instructor Mary Laury has been recognized for her work with the Maine Arts Commission. Weather permitting, she will take students outside for plein air painting of the inn's breathtaking views of the sea. Materials are provided, but feel free to bring your favorite supplies. For more information about the instructor, visit <https://www.marylaury.com/>

**Set Your Creative Spirit Free** with Grammy nominated singer-songwriter and teacher, Kat Logan. We will explore our true creative nature by opening to intuition. We will work with a variety of materials and keep a process journal. All ability levels welcome! For more information about Kat visit [www.katlogan.com](http://www.katlogan.com)

**International Fusion Homestyle Cooking for a Crowd** engages all the senses. Cooking instructor and author of 6 cookbooks, Chris Toy has been teaching Asian themed and fusion recipes privately, for community education statewide, Stonewall Kitchen Cooking School in York, La Roux Kitchen in Portland, and Now You're Cooking in Bath. Together you'll prepare great tasting lunches and hearty dinners for yourselves and fellow artists. We'll be hands-on so bring your aprons, cutting boards, and hand towels. For more about Chris visit [christoy.net](http://christoy.net)

*Cancellations/refunds will be given according to BoomerTech policies.*



## English Language Learners



### Intermediate/Advanced ELL

**Zoom.** This fun class will help you improve your reading, writing, listening, and speaking skills. Students will need access to a mobile device or computer to attend weekly Zoom class meetings. Students should have CASAS reading/listening scores of 220 and above.

Instructor: Jennifer Goodine

Mondays, January 10 through June 13

Time: 6-8 pm

Cost: FREE

*If you are a new student, please call our office at 207-730-5040 to arrange a CASAS reading assessment.*

### Beginner ELL

Are you interested in improving your English skills? Learning English can help you communicate with your child's school, expand your job prospects, and increase your ability to read and speak English. This class will teach basic communication, life skills, and literacy.

Instructor: Rebecca Cote

Wednesdays, January 12 through

June 15, 6-8 pm, Southgate, Rt. 1,

Scarborough

Mondays via Zoom, January 10 through

June 13, 6-8 pm

Cost: FREE

### Conversational English

Students will practice using English in specific settings, focusing on the function or use of the English language for those who have achieved English proficiency in ELL classes. Put your previous coursework to use and interact with other students. This is your chance to use and improve your English language skills! Students pay for required textbook.

Instructor: Ivette Barone

Wednesdays 6 weeks, March 2 through April 6, 6-7:30 pm.

Cost: FREE with \$20 textbook



### IMPORTANT INFORMATION for Academic Students

Please note that all students who are taking academic classes must register with Adult Education and schedule an intake session. Academic students are required to complete an intake and take a CASAS reading and math assessment as a first step to enrollment in a diploma or HiSET program of studies. Please call 730-5040 to schedule an appointment.

### Were you only a few credits away from earning your high school diploma?

One pathway to completion is to have your high school transcript evaluated to determine if high school credit program of studies is feasible for you.

If you did not earn your high school diploma, taking the HiSET (High School Equivalency Test) earns you an equivalent diploma. You **MUST** be at least 17 years of age and no longer enrolled in high school. There are five sections to the computer-based test: Math, Reading, Writing, Social Studies and Science, and we can help you prepare and successfully pass all five tests. Students must complete official HiSET practice tests prior to being scheduled for Official HiSET testing. Please bring a MAINE government issued picture identification and social security card to your intake appointment. There is no fee for HiSET testing with a Maine ID.

### HiSET Preparation Classes

Online: Students will be given access to HiSET Academy, an online learning platform to prepare you for individual HiSET tests.

### HiSET Preparation Lab

Available one night a week for students who prefer in person instruction and want a skills refresher in reading, writing an essay, or basic math before jumping into official testing.

Instructor: Catherine Glynn

Day: Thursday, Time: 4-6 pm, Starts January 20

Cost: Free

### Math II for HiSET

We will focus on algebra, geometry, data analysis and probability to prepare you for the HiSET math official exam.

Instructor: Christopher Hayward

Day: Tuesdays/6 weeks

Time: 4:30-6:30 pm, Starts January 25

Cost: Free



You must meet for an  
Intake Session before starting a  
diploma program.

All Official Tests are  
administered in Scarborough  
by appointment only.

**Call Director Marianne Doyle  
at 730-5045.**

Scarborough Adult Learning Center partners with area healthcare facilities to provide comprehensive, hands-on instruction for healthcare career certifications. Each healthcare facility will provide specific Covid-19 safety and vaccine protocols that students will be required to follow to ensure their own health, and the health of patients. Please call our Adult Education office at 207-730-5040 for an application, and to schedule an interview.

### **Certified Nursing Assistant (CNA)**

Students enrolled in this certificate program complete 130 hours of classroom, laboratory, and clinical experience, meeting all state licensing requirements. Upon successful completion of the course and passage of the State Competency Exam, the student will be eligible to enter the healthcare field under the direction a licensed nurse. Classroom instruction will be delivered via Zoom. Students will need a tablet or computer for classroom meetings. Laboratory and clinical instruction will be in person at a healthcare facility. Students must be 18 years of age, have a high school equivalency or diploma and have a CASAS reading score of 238 or above. Call 730-5040 for an application, interview, and reading assessment. Instructor: Brenda Faust, RN, BSN  
Cost: \$1,100  
Starts: April 7  
Classes held Mon/Thurs 3-7pm and Sat 8am to 12pm

**For more information and applications call**

**Director Marianne Doyle  
at 730-5040 or email**

**mdoyle@scarboroughschools.org**



## **Maine's Health Care Industry Needs You**

*Reasons to become a  
Certified Nursing Assistant*

- **Affordability** - a CNA certificate is less expensive than a college degree, but starts you on the healthcare path
- **Job Security** - There is an overwhelming demand for CNAs at this time.
- **Variety** - CNA work provides day-to-day variety and includes interaction with various professionals.

*and most importantly:*

**The Opportunity to  
Make a Difference!**

## 20 Medical Careers

### **Personal Support Specialist (PSS)**

This 50 hour course prepares participants to work in home health care or residential settings. Personal care, communication skills, observing, reporting and documentation are taught. How to provide care safely and deal with emergencies, consumer rights, aging and illness are additional topics covered in the class. This course will be held at Comfort Keepers. This is a grant funded course provided by Maine Department of Education to Cumberland County Adult Education programs. English Language Learners enrolling should have CASAS Reading scores of 220 or above. Please contact our office at 730-5040 for an application and to arrange a CASAS reading test.

Instructor: Margaret Gambell, RN

Session 1: 2/8 – 3/10

Session 2: 4/26-5/19

Days: Tuesday and Thursday 5-8 pm and Saturday 9-3 pm

Cost: FREE

### **Certified Residential Medication Assistant (CRMA)**

This 40 hour CRMA course includes classroom, with clinical available after successful completion of classroom. All students must complete clinical, either with our instructor or arranged through your facility. Successful students will be certified to administer oral medications to residents in state-licensed assisted living facilities. Certification is valid for two years. Call 730-5040 for application. This class will be held onsite at Westbrook Adult Education

Dates TBD

Cost: \$350 & \$100 medication pass



**For more information and applications call Director Marianne Doyle  
at 730-5040 or email [mdoyle@scarboroughschools.org](mailto:mdoyle@scarboroughschools.org)**





**ACADEMY**  
of MEDICAL PROFESSIONS

## Academy of Medical Professions

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[www.academyofmedicalprofessions.com](http://www.academyofmedicalprofessions.com), 207-721-0714 or 866-516-8274. **Payment plans available.**

### Medical Coding w/CPC Certification

This 20 week, in-depth medical coding for CPC certification teaches all aspects of medical coding. Course is taught by a Certified Medical Coder and includes medical terminology, Anatomy and Physiology, CPC exam, AAPC membership, 3 practice CPC tests, and all books. Basic computer skills required.

20 weeks, 88 hours

Thursdays starting March 17, 5:30-8:30 pm, or online anytime. Cost: \$3750

### Clinical Medical Assistant

This 16 week all-inclusive course prepares you for a variety of medical office tasks from administrative to technical and scientific duties. Provides a combination of traditional and online teaching, as well as practicals readying you to pass a national exam. Tuesdays and Thursdays starting February 22, 5:30-8:30 pm Cost: \$3200

### Phlebotomy with CPT Certification

This 10 week, in-depth class teaches venipuncture and basic point of care testing. Fee includes national certification, books, resume, and job placement assistance.

Tuesdays & Thursdays starting February 22, 5:30-9 pm  
Cost: \$2500

### Medical Office Specialist

This 16 week certification course provides practical, real-world skills for success in the Healthcare field. The course covers medical terminology, medical front office skills, electronic medical records, and medical billing. You will sit for your CMAA certi-

fication exam through the National Healthcare Association. The course fee includes national certification, books, and fees.

Wednesdays starting February 23, 6-8 pm  
Cost: \$3200

### Pharmacy Technician Certificate Program with PTCB National Certification

Work one-on-one with a Pharmacy Technician online to prepare for one of the fastest growing jobs in healthcare today. Learn complete drug information, HIPAA guidelines, and safety procedures. PTCB national certification is included in the class fee.

14 weeks online, asynchronous at your own time. Cost: \$2050

### Medical Transcription Certificate Program

Medical transcription is a popular field for people who like to work from home. This 16 week course includes terminology, formats, and all rules and regulations. This is a state certified program-a certificate of completion and letter of recommendation are provided upon completion of the course. 16 weeks online, asynchronous at your own time-up to 6 months to complete.

Cost: \$2650

### Dental Assistant

This is a 10 week certification course, taught by a dentist, that teaches all aspects of dental assisting and gives you the tools necessary to pass a national certification exam. Includes an opportunity for internships

10 weeks, Mondays starting Feb. 21, 6-8 pm Cost: \$2500

## 22 Program Information

### Visit Us Online

[scarborough.maineadulted.org](http://scarborough.maineadulted.org)

### Find Your Course Online

[scarborough.maineadulted.org](http://scarborough.maineadulted.org)

Questions?

Email: [adulted@scarboroughschools.org](mailto:adulted@scarboroughschools.org)

### Contact Us

Catherine Glynn, Program Assistant

Phone: 207-730-5040

[cglynn@scarboroughschools.org](mailto:cglynn@scarboroughschools.org)

### Mailing Address

**Scarborough Adult Learning Center  
Scarborough High School, Room A100  
11 Municipal Drive  
Scarborough, ME 04074**

### Office Hours

Tuesday, Wednesday and Thursday 12-6 pm, and later as needed for evening courses. The Learning Center is closed on school vacations, holidays, and snow days when schools are closed.

### Payment Options

Online at [scarborough.maineadulted.org](http://scarborough.maineadulted.org) or by mail. Check or money orders payable to "Scarborough Adult Learning Center." Payment must be made at the time of registration, thank you.

### Insufficient Enrollment or Cancellations

Courses that do not attract the required minimum number of students are cancelled.

On rare occasion, a course is cancelled or rescheduled for other essential reasons. In either circumstance, students are notified and refunded 100%.

### Refunds & Withdrawals:

**MindEdge** registrations are directly with MindEdge online at [catalog.mindedge.com/scarborough](http://catalog.mindedge.com/scarborough). MindEdge refunds are not given to students after 5 days of access and/or completing 10% of any course.

### Scarborough Adult Learning Center:

Classes cancelled by Scarborough Adult Learning Center will receive a full refund. Please notify our office seven calendar days before class starts in order to cancel your attendance and to request a refund. Refunds are not an option at or after the start of class. Online payments will be refunded to your credit card. Refunds for check or cash payments will be mailed, and may take up to three weeks to process.

### School Closing Policy

The Scarborough Adult Learning Center is close when Scarborough schools are closed.

### Find Your Class Location at Scarborough High

Courses are held at Scarborough High School unless otherwise indicated. Welcome signs are posted at the high school entrance, and they will guide you to your assigned classroom. Restrooms are available in the school lobby.

## Thank You



The team at Scarborough Adult Learning Center thanks our instructors for sharing their talents and skills with the community! Thank you, too, to every student who attended Zoom classes, came to the high school to learn a new skill, picked up a hobby, or decided to take the next step in their education or career with us. We appreciate the amazing support of the Scarborough Public Schools and Scarborough's Central Office staff—we couldn't provide our workforce and enrichment programs without all of you!



# Scarborough Adult Learning Center Registration Form

**Mail completed  
registration form to:**  
Scarborough Adult Learning Center  
11 Municipal Drive  
Scarborough, ME 04074  
207-730-5040

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Other Phone \_\_\_\_\_

Email Address \_\_\_\_\_

COURSE NAME	DATE	FEE
1.		
2.		
3.		
Total Fee: \$ _____		
See payment options on page 22 or make check payable to <b>Scarborough Adult Learning Center.</b>		



The Maine Adult Education Association is a nonprofit organization representing adult education programs, professionals and volunteers in Maine since 1965. It is a professional organization that advocates for adult education locally, statewide, and nationally and supports its members in order to meet the educational needs of Maine's adults.



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over this QR code.

