

**REGION III  
ADULT EDUCATION  
35 WEST BROADWAY  
LINCOLN, ME 04457**

**FALL  
SEMESTER  
2018**

**FREE  
BROCHURE**

Northern Penobscot Tech Region III has outstanding Career and technical programs for all high school Juniors and Seniors, and post graduates in our Region! Planning to attend college? Region III is for you. Earn college credits, obtain certifications and licenses that will provide you with the knowledge and skills to gain meaningful employment. Check out what we offer below.

See your guidance counselor or call ours: Hugh Porter, 794-3004 Ext. 216.

Also check out our website: [www.region3.mainecte.org](http://www.region3.mainecte.org)

- **Academics**
- **Automotive Technology**
- **Career Prep/JMG**
- **Construction Technology/Cabinetmaking**
  - **Culinary Arts**
  - **Commercial Driving**
- **EMT/FF (Emergency Medical Technician/Firefighter)**
- **Health Science Careers**  
**CNA, RMA, MAS**  
(Certified Nursing Assistant, Registered Medical Assistant, Medical Administrative Specialist )
- **Information Technologies**
  - **Law Enforcement**
- **Web Design / Digital Communication**
  - **Welding Technology**



35 WEST BROADWAY, LINCOLN, ME 04457 PHONE 794-3004 x 211 FAX 794-8049, EMAIL PMURRAY@MSLN.NET

Professional and Workforce Development
Personal Enrichment
Recreation Safety Courses

To register please call 794-3004 x 211 or email pmurray@msln.net

Adult Education class fees are due and payable on or before the class starting date. Refunds are available until the end of the second class. Refunds will be given if the course is cancelled/not offered. Students who have registered, paid the course fee, and then opt to drop the course after the end of the second class, will not be refunded.

Students dismissed from a course following notice and a meeting to address the reason will not be due a refund.

Students wishing to attend EMCC classes held at Region III must register with KRHEC at 1-800-498-8200

Check out our Website and Facebook Page

www.region3.maine.cte.org / www.facebook.com/regionIII

TO REGISTER OR FOR MORE INFORMATION CALL OR EMAIL

Basic Shielded Metal Arc Welding

Instr.: Derrick Brawn

Date: Monday & Wednesday, 9/26-11/19, 7wks, 5:30-8:30.

Fee: \$425

No prior welding experience is necessary for the 7-week, 2-nights per week Basic SMAW course. This course is designed to allow students to progress at their own pace (self-paced). Estimated time to complete courses is :Basic1 E6010-45 hours, Basic2 E7018-45 hours. The course continues in SMAW-2 to prepare students for AWS certification (priced separately). These welding career courses will help prepare you to enter the workforce as a structural welder. Students continuing from the previous class will receive a \$50 reduction in class fee and are not required to repeat the full safety portion of the class. Students preparing for the AWS certification testing will receive a \$50 discount toward the test fee

Leather Safety-Toed Boots are required.

Certified Residential Medication Aid (CRMA)

Instr: Kim Paradis, RN M.Ed.

Date: Wednesdays, 9/26-12/12, 4-8 p.m.

Fee: \$300

State of Maine regulations, some standard residential facility policies, basic anatomy and physiology of the human body, common medications in the majority of drug classes, and the practice of safe medication administration procedures will be covered in this 40-hour course. Register soon to secure your placement into the class.

Introduction to Automotive Service NEW!

Instr: Cassidy Ouellette

Date: Monday & Wednesdays, 10/1-12/3, 6-8 p.m., 8 wks

Fee: \$325

Students will gain knowledge of Safety Practices, an introduction to general maintenance, and the entry level skills necessary to continue in the course of study to travel a career path as an Automotive Technician. Successful students will achieve SP/2 Auto Safety certification and can continue on with further classes designed to prepare for ASE certification. Safety Toed boots are required

It is the policy of Northern Penobscot Tech Region III to ensure equal employment / educational opportunities, affirmative action regardless of race, sex, color, national origin, marital status, sexual orientation, religion, age or disability in accordance with all federal and state legislation relevant to discrimination. ADA Notice: If you have special needs that must be met to allow you to fully participate in any courses, please call the office of the Director at 7974-3004.

- Medical Terminology
Certified Residential Medication Aid
CNA-Medication Aid
Adult Career Guidance
Doula Training Workshops
Pyrography (wood-burning)
Welding: Basic Shielded Metal Arc
Intro to Word/Excel/Email
Intro to Computer Filing Systems
Basic Life Support for Healthcare Providers
Heartsaver CPR/First aid
Growing Hops (NEW)
ServSave Sanitation
Intro to Automotive Service (NEW)
Cooking Like a Pro: Soups & Chowders
Cooking Like a Pro: Center of the Plate
Quilting with Pre-cuts
The Traveling Paintbrushes
Zumba
Yo-lates
Waterfront (Buffer) Planting (NEW)
Hunter Safety-Firearms

**MONDAY**

**ZUMBA**

Instr: Jessica Raymond

Date: 9/5-10/17 —12 classes

**Mondays & Wednesdays, 5:00-6:00 pm**

Fee: \$50.00, \$35-1/2 session,\$8 Drop-in  
Zumba eliminates the “work” from “working out” by combining amazing, irresistible Latin and International music with dynamic, yet simple exercise moves, using their unique intermittent training format. Fun and music are the two special motivational ingredients, so bring a friend and have some fun.. Classes will be held on Mondays and Wednesdays. **This is an ongoing class, call or email to join anytime**

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**Yo-lates**

Instr: Lynn Robinson

Date: 10/1-11/7, —10 classes

**Mondays & Wednesdays, 6:00-7:00 pm**

Fee: \$50.00

This class introduces and continues the basic concepts of meditative stretching fitness program which combines elements of Yoga and Pilates. Lynn says that beyond the benefits of yoga and Pilates, low impact Yo-lates is believed to be particularly effective for improving muscle tone, developing a slimmer, strong physique and possible weight loss. Train your body, become more flexible and rest your mind. Wear comfortable clothes and be prepared to be in stocking feet. Bring a yoga mat or beach towel and a smaller hand towel. Note: A second session will be offered as interest warrants.

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**Medical Terminology**

Instr: Sara Downs, CMA

Date : 9/24-12/17, 11 Wks. 6 - 9pm

Fee: \$250.00

Quickly master the basics of Medical Terminology and begin speaking and writing terms almost immediately! This course focuses on helping you build a working vocabulary of the most frequently encountered suffixes, prefixes and word roots. This class is valuable for those who plan to pursue jobs in medical offices as medical transcriptionists, medical coders and billers, or any other employment in health care.

**Financial Empowerment**

Instr: Brittney Libbey, Lincoln Maine Federal Credit Union

Date: 10/1-10/29, 4 wks, 6-8pm

Fee: \$10

Many people feel overwhelmed by their financial situation, people who are just starting out , have had a change in circumstances, or are looking at career changes often do not know where to start in their money management journey. Financial empowerment goes beyond acquiring the knowledge. It includes education and literacy, and focuses both on building your ability to manage money and building your skills and confidence so that you can effectively use your financial knowledge, skills, and resources to reach your goals. A wide variety of money management topics, skills and resources will be covered.

**The Traveling Paintbrushes**

Instr: Debby Delano

Date: 9/24, 10/22, 11/26, 5-8pm

Fee: \$40.00 per Session (All materials included. Registration prior to class is required)

If you have always wanted to paint on canvas, come join us at our painting classes. Everyone goes home with a masterpiece. Have a fun evening of creating your masterpiece. Join one night or come to all. Planned paintings will be posted on our Facebook page and website

**TUESDAY**

**Doula Training Workshop**

Instr: Ashley Mitchell CD CPD CBD

Date: 11/6&11/13 ,(2wks) 5:00-7:00 pm

Fee: \$40

Participants will learn labor assistant skills, serving a woman throughout pregnancy and postpartum periods, coping mechanisms, making birth plans, running your own birth business, bereavement care, breastfeeding support, birth ball and rebozo positioning techniques, relieving pain during pregnancy and birth, childbirth education and more.

Successful students will be prepared to take the Madriella Doula certification exams.

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**Growing Hops in Maine (NEW)**

Instr: Donna Coffin, Extension Professor

Date: September 25

Time: 6:30-8:30 p.m.

Fee: \$ 10

During the Grow Hops in the Backyard program learn that Hops can be grown successfully in Penobscot County. Many home brewers are interested in taking their hobby to the next level by growing their own hops to produce their own beer. Hops can also be used for other purposes . At this program you will learn about the history of hops production in New England, what hops needs to thrive in our area, basics of planting and care, pests that can affect hops, and harvest. .

**Quilting with Pre-cuts**

Instr: Peggy Murray

Date: 9/4—5Wks.—6:00-8:00 pm

Fee: \$20.00

Do you like to sew and create quilts, or would you like to learn how? Join us for a weekly FUN evening of sewing and quilt making. Learn new tips and techniques while you build projects based largely pre-cuts. Many like to use this as time set aside with no distractions so you force yourself to sit at your machine. Along with your machine, bring fabric, thread and scissors. The Power, Pressing Station, Cutting Station will be provided. **This is an ongoing class, call or email to join anytime**

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**Heartsaver-CPR/First Aid**

Instr: Rick Smart

Date: T/TH, TBD-in December ,(2 nights) 5:30-8:30

Fee: \$60

The 6-Hour Heartsaver course is designed to provide the lay-person with the skills and knowledge to be able to perform CPR, render basic first aid when needed, and use the AED. Recognize when help is needed and feel confident that you know how to provide that help.

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**Basic Life Support for Healthcare Providers**

Instr: Rick Smart

Date: TBD December, 5:30-8:30 pm

Fee: \$60

The Basic Life Support (BLS) for Healthcare Providers 3-hour classroom course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, and use and AED. This course is for healthcare professionals, direct care workers, and other healthcare workers in a wide variety of in-hospital and out-of-hospital settings

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**Adult Career Guidance**

Instr: Hugh Porter

Date: By appointment,

Fee: no fee

Would you like some assistance in deciding what vocation you are best suited for? This course will focus on the special needs of adults in career exploration. An individual assessment of Career Aptitudes will be administered. The goal of the course will be to develop a career plan for each of the participants. Each student will meet one evening with the instructor for approximately four hours.

**Pyrography/Wood Burning**

Instr: Roger Ryder

Date: 9/11 (on-going) (4wks) 6-8pm

Fee: \$45 / \$20 for returning students

This class is a gathering of those who are interested in learning or expanding their skills in pyrography. This group offers the opportunity to work with an experienced artisan and others who enjoy the craft of wood burning. Find your vision for perfecting your art, and explore the possibilities of entrepreneurship using your artistry. **This is an ongoing class, call or email to join anytime**

**COMPUTER CLASSES (Microsoft Office 2010 is used)****Intro to Computer Filing Systems**

Instr: Pat Cole

Date: one night only , MONDAY, 9/24, 4-7 p.m.  
Fee: \$20

As more and more of our day to day transactions and files move from paper to digitally based, you may find your Computer Desktop or "My Documents" folder is overwhelming. Start to make sense of it all and organize these documents and pictures so you can find what you are looking for, when you need it. This 3-hour mini-course will provide a foundation upon which you can build your digital filing cabinet.

**Introduction to Word, Excel and Email**

Instr: Pat Cole

Date: 10/9-12/4 (9wks), 4:30-7pm

Fee: \$85

This 9-week course will introduce the Microsoft Office programs Word and Excel and the basics of email. This class is focused toward students with little to no knowledge of these programs. Students will learn how to create, format, edit, save, and print. Focus will be on creating documents appropriate for the workplace. We may create email accounts to learn the basics of sending, receiving messages, and dealing with attachments.

**ServSafe Sanitation**

Instr: Chef Ammerman

Date: 11/20, 4 wks, Time: 3-5 p.m.

Fee: \$175.00 (Includes testing and textbooks)

Do you work at a restaurant, diner, convenience store, or school nutrition program in food service? Did you know that the State of Maine requires all food establishments to have at least one full-time Certified Food Protection Manager on staff? Perhaps you volunteer at your organization's "Bean Suppers" and are concerned about proper food handling and safety. This 4-week ServSafe course provides that knowledge and a recognized certification. Call now to register, class will be scheduled as demand warrants

**Artisan Breads**

Instr: Chef Herman Ammerman

Date: 10/16 &amp; 10/23 ,2 wks., Time: 5-8pm

Fee: \$50

You may have purchased some crusty artisan bread at the local farmer's market or at a craft market and would like to learn to do this yourself. Join Chef Ammerman for an introduction to Artisan Bread Baking. Learn bread baking techniques by mixing, kneading, shaping and baking. Make savory and golden loaves of bread and enjoy a selection of rustic and tasty Artisan Breads. This popular class fills up quickly so call or email to register early.

**Cooking Like a Pro Series**

Instr: Chef Herman Ammerman

Date: (Tues) 5-8pm see dates below

Fee: \$40 per Topic

Come join Chef Herman Ammerman in the kitchen where you will discover a world of new and fun flavors for your table. The classes cover the fundamental methods and techniques for the theme of the night.

Through hands on experience and yummy recipes, you are guaranteed not to leave hungry. This introduction to the world of a Culinary Professional may leave you hungry to learn more!

Soups and Chowders: 11/6

Center of the Plate (the main meal) : 11/13

**WEDNESDAY****Certified Residential Medication Aid (CRMA)**

Instr: Kim Paradis, RN M.Ed.

Date: 9/26-12/12, 4-8 p.m.

Fee: \$300

State of Maine regulations, some standard residential facility policies, basic anatomy and physiology of the human body, common medications in the majority of drug classes, and the practice of safe medication administration procedures will be covered in this 40-hour course. Register soon to secure your placement into the class.

**CNA-M – Certified Nursing Assistant Medication Tech**

Instr: Kim Paradis, RN M.Ed.

**Date: TBD Spring Semester**

Fee: \$800.00

Enrollment in CNA-M requires: A letter from the CNA registry stating that the applicant is in good standing on the registry, a letter certifying a work history that reflects the equivalent of at least one year full-time employment as a CNA (based on the facility's definition of full-time). Evidence of a 10<sup>th</sup> grade competency level on the SRI reading and comprehension test (we will provide this testing), and written references from two Supervising RNs. Applications are available at the Adult Education Office. Completed applications and supporting documentation are due by December 10th, start the process NOW to be ready for a January class start

**Driving Dynamics**

Instr: Jim Flynn

Date: 11/14 (1wk) 3-8 p.m.

Fee: \$40.00 under 65, \$25 age 65 and older  
Maine's Driving Dynamics Course offers all drivers the opportunity to improve their defensive driving abilities. This five-hour course will include discussion of collision avoidance techniques, safety issues, driver habits and attitudes and the basic elements that constantly challenge drivers on Maine's highways. Check with your insurance carrier as there may be discounts available in addition to the three-point credit on your driving record for those who complete this class.

**THURSDAY****Waterfront (Buffer) Plantings (NEW)**

Instr: Kate Garland, Horticulturist

Date: 10/18 4-6 p.m.

Fee: \$10

Creating and maintaining vegetative buffers along ponds, lakes, streams, and rivers is an important step in protecting the quality of our freshwater ecosystems. With the right plants, buffers can also add aesthetic value to your landscape along with the added benefit of wildlife habitat. Kate Garland, Horticulturist from UMaine Cooperative Extension, will discuss site evaluation, plant selection, installation, and general buffer maintenance to help you meet your goals of having a sustainable and attractive waterfront property.

**Recreation Safety Courses from IF&W****Firearms Hunter Safety Course: (Home study)**

Instr: IF&amp;W Volunteers

Date: Friday,9/14 6-9 p.m.,

Saturday, 9/22 9 a.m.-4:30 p.m.,

Fee: \$10

This class, that new licensees need to complete before a hunting license can be obtained, teaches you the rules of safe hunting. In order to meet state requirements and obtain a certificate, participants must attend all sessions and complete the home study portion of the class as well as pass the final exam. Ages 10-14 must be accompanied by an adult. These classes fill up quickly, call soon and come in to register to secure your spot.