



Michael P. Hein, County Executive  
&  
Ulster County Office for the Aging

1003 Development Court  
Kingston, New York 12401  
(845) 340-3456  
Presents

**“LIVE, LAUGH and LEARN”**

17<sup>th</sup> Annual Senior Day Conference

On

**AUGUST 15, 2014**

At

SUNY Ulster  
Business Resource Center  
One Development Court  
Kingston, New York 12401

The following sponsors make this wonderful day possible:



**RONDOUT**  
**SAVINGS BANK**

*always working for you and our community*

**CDPHP**

**Ulster County Community College**

**Golden Hill Nursing & Rehabilitation Center**  
**Resource Center for Accessible Living**

**“LIVE, LAUGH & LEARN”**  
**17<sup>th</sup> ANNUAL SENIOR DAY CONFERENCE**  
**AUGUST 15, 2014**  
**DOORS OPEN AT 8:30 A.M.**  
**For sign in and morning refreshments**

**9:00 to 10:15 (A. WORKSHOPS)**

**CHOOSE ONE**

**1A. SENIOR PET COMPANIONS** – This workshop will explain the benefits of adopting an older pet, along with an overview of the UCSPCA and the purpose it serves our community. A short video will be shown to introduce you to some of their animals. The presenter will have a boxer named “Dozer” with her and she will be sharing his story with you.

**Instructor: Jill Schintone, Vice President of the Ulster County SPCA Board of Directors**

**2A. COMPOSTING: TURNING KITCHEN SCRAPS INTO “BLACK GOLD”** – Learn the basics of backyard composting during this program. You’ll learn everything you need to know to turn your kitchen scraps and yard waste into what gardeners call “Black Gold”. Participants will learn how to assemble a backyard composter and local options to purchase one. A drawing will be held and one lucky participant will take a composter home.

**Instructors: Steve & Julie Noble, City of Kingston Parks & Recreation Department Environmental Educators**

**3A. HIDDEN TREASURES** – A general review of items found in every room of your home that may today have great value. Also, important things that you may have inherited may have extreme value that could surprise you. Each participant is welcome to bring an item or photo of one item for a verbal appraisal. **Program is not responsible for loss, theft, or breakage of items.**

**Instructor: Walter Marquez – Water Street Market**

**4A. LET’S PLAY TRIVIA FOR YOUR HEALTH** - We will put fun and a bit of competition into the serious business of senior health issues. Come with a team of 3-5 or we’ll form teams as people arrive. Members of the winning team will leave with a gold star that they can wear as a badge of victory throughout the day. As time allows, we will also have a Q&A on these topics after the game is over.

**Instructor: Marge Gagnon, RN, MS, CNS**

**5A. THEORY AND PRACTICE OF LAUGHTER YOGA** - Laughter Yoga is a fitness and wellness regimen developed in the 1990s by Dr. Madarin Kataria, a cardiologist in India. When studying laughter’s health benefits he realized the body does not differentiate between real laughter and “fake” laughter. The brain releases the same beneficial chemicals such as serotonin and dopamine in either case. Dr. Kataria developed techniques that didn’t require humor to induce laughter, and joined them with simple breathing and stretching exercises to create laughter yoga. The techniques are so easy and effective there are now thousands of laughter yoga clubs worldwide. We will discuss the science behind laughter yoga and then put into practice the fun-filled regimen of laughs and fitness. All ages, all fitness levels benefit from this easy technique. Comfortable clothes, but no equipment or training is needed.

**Instructor: Jim Gordon, Certified Laughter Yoga Instructor – After 25 years as a journalist writing about the Hudson Valley for a variety of publications, Jim Gordon is studying gerontology with a focus on wellness in aging.**

**6A. TAI CHI-LIKE EXERCISES FOR SENIORS -** Using Tai Chi-like movements, this class will increase your spiritual, mental and physical health with proven exercises that have been around for thousands of years.

**Instructor: Keith J. Bennett, Senior Master 6<sup>th</sup> Degree Black Belt of Keith Bennett's Karate Academy**

**7A. SENIOR FACEBOOK –** This workshop will be a basic, beginning class for those who would like to stay in touch with friends, relatives and mainly their grandchildren using Facebook. I will touch on the timeline, finding old friends, sharing pictures and being security conscious at the same time. Please have a Facebook ID & password to participate at a computer. Those who wish to join as a spectator and not log on are also welcome to attend.

**Instructor: Tom Wadnola, Senior Computer Learning Center**

### 10:30 to 11:45 (B. WORKSHOPS)

#### CHOOSE ONE

**1B. SO YOU WANT TO BE A WRITER? –** Do you think about writing but don't know how to get started? Do you have life stories you want to tell? We will talk about how a writer can tell a story truthfully, but still keep the facts private. We will explore how a writer can render a scene on a page with the power of paint on canvas. We will visit with the two selves – the wild creative child and the editor/parent – within every writer, and talk about what helps imagination flow and how to edit. This is a hands-on workshop for people who want to write. Paper provided. Bring your own pen and imagination.

**Instructor: Bette Ann Moskowitz**

#### **2B. SAVING ENERGY/SAVING DOLLARS - EmPOWER & USDA REPAIR**

**LOAN/GRANT PROGRAMS-** Participants will learn simple ways to save lots of money on their energy bills each year. Energy saving tactics such as insulation, thermostat adjustments and replacements as well as air leakage will be covered. Some programs are free to income-eligible households. Also learn about 504 loans and grants available through the U.S. Dept. of Agriculture Rural Development to repair homes in rural communities.

**Instructors: Michelle Evanson, Honeywell Corporation & Al Aruza, USDA Area Specialist**

**3B. HIDDEN TREASURES –** A general review of items found in every room of your home that may today have great value. Also, important things that you may have inherited may have extreme value that could surprise you. Each participant is welcome to bring one item or photo of one item for a verbal appraisal. **Program is not responsible for loss, theft, or breakage.**

**Instructor: Walter Marquez - Water Street Market**

**4B. MAINTAINING INDEPENDENCE WITH VISION LOSS -** If you or someone you know has vision loss, many everyday tasks can become difficult or require help. This workshop will share ways to improve the use of remaining vision for everyday activity, increase safety at

home and share local vision related resources. The eye problems discussed will include macular degeneration, diabetes, glaucoma and cataracts.

**Instructor: Nancy Ryan, MS, OTR/L, SCLV, CLVT, CAPS – Ryan Vision Rehab**

**5B. ASHOKAN RESERVOIR – 100 YEARS AGO** - Through old postcards and photos we will trace the construction of the Olive Bridge dam and reservoir dikes. Images will show the old towns that were there to the problems in building the aqueduct to New York City. On June 24, one hundred years ago this year, complete encirclement of land for water storage was completed. This action capped about three years of physical work and prior years of engineering and land acquisition.

**Instructor: Frank Almquist**

**6B. FOUNTAIN OF YOUTH – LOOK 20 YEARS YOUNGER, FOR REAL!** - We will be discussing:

- Why leading products designed to make us feel young again, FAIL us.
- The two sources that affect our perception of youthfulness.
- How to rebuild energy levels the right way.
- Sleep hygiene.
- Dietary changes and skin basics they don't want you to know about.
- The truth about the Beauty Products industry and what products actually work.
- The safest and best sunscreens and bug repellants on the market.

**Instructor: Neal Smoller, Jr., PharmD**

**7B. THE LIGHTER SIDE OF DEATH: PART II** - This workshop is an informative conversation about funeral, cremation, and cemeteries. With a wealth of stories (all true!) and a humorous approach to a very grim trade, you will leave informed about your choices and laughing at the tales!

**Instructor: Bob Gaus, New York State Licensed Funeral Director**

### **12:30 to 1:45 (C WORKSHOPS)**

#### **CHOOSE ONE**

**1C. PREVENTION AND EARLY DETECTION OF CORONARY DISEASE** - I will touch on the advances in cholesterol and blood pressure management and on the latest in noninvasive imaging, including exercise testing and calcium scoring.

**Instructor: Dr. Ellis W. Lader, M.D.,F.A.C.C. - Mid-Valley Cardiology Group**

**2C. LATIN DANCING FOR OUR SENIORS** – Creates an engaging social space for people to connect with others in a friendly atmosphere. Latin dances are playful and easy to learn but they also enhance coordination, flexibility and endurance. Dancing with Our Elders was first designed by instructor Carlos Osorio in 2006 to give seniors in the Albany area an opportunity to come together and improve their health by dancing to the joyous rhythms of Latin music. Many members have performed at senior centers and retirement homes throughout the Capital Region. Now, Mr. Osorio is grateful to have the opportunity to bring this program to Ulster County's elder community. Carlos Osorio's professional studies in Anatomy and Physiology and experience as a dancer give him the awareness of the body in motion. Students gain awareness of the way subtle changes in balance and posture can improve their overall well-

being. The class is tailored to meet the varying physical abilities of the participants while fostering openness to new cultural experiences. Get ready to enjoy life with dance, Wepa!

**Instructor: Carlos Osorio**

**3C. ESTATE PLANNING** - This program will address among its topics: wills, health care proxies, durable powers of attorney, trusts, and basic asset protection procedures and techniques. After his discussion, a question and answer period will take place.

**Instructor: Lou Klein**

**4C. SERVICES FOR SENIORS FROM THE COUNTY CLERK** - Nina Postupack, Ulster County Clerk will be discussing the many archival services available to seniors from the Ulster County Clerk's office. She will showcase the County Clerk website which includes many databases for genealogical research. In addition, Nina will highlight services and records that are accessible in the office environment for researching purposes. Hands on research of naturalization records, census records and historical documents will be done for those attending the seminar.

**Instructor: Nina Postupack, Ulster County Clerk**

**5C. PERSONAL SAFETY FOR SENIORS** - As we age we become less able to defend ourselves or project a confident image. Because seniors can have significant financial resources, seniors are often the target of theft, robbery, fraud, identify theft, etc. This presentation will center on making attendees aware of common con-artist schemes and educate you on protecting yourself and your valuables from criminals.

**Instructor: Egidio Tinti, Chief of Police, City of Kingston Police Department**

**6C. EURODANCE** – Take a trip around the world. Learn a humpa from Finland. Do a Samba in a circle. Try a fridolin from Germany. These circle, line and partner dances are easy to learn. (No partner or experience is needed to come). Enjoy the gentle aerobics accompanied by the lilting music. Make new friends. Come prepared to have fun.

**Instructor: Sondra Sperber**

**7C. HOME SAFE HOME – HOW TO KEEP IT THAT WAY** - This session will address safety tips and tricks on removing typical risks and hazards in your home.

**Instructor: Gilles Malkine, Architectural Modification Coordinator**

### **2:00 to 3:15 (D WORKSHOPS)**

#### **CHOOSE ONE**

**1D. KEEPING FIT FROM THE NECK UP** – This workshop explains Alzheimer's disease and other types of dementia. Steps to getting a diagnosis, symptoms and stages of the disease as well as common behaviors will be explained. It also explores the differences between normal aging memory changes and dementia. It is a power point presentation with accompanying handouts. Participants are invited to ask questions throughout the presentation. Liz Johnson is a Master's level Social Worker who joined the staff of the Alzheimer's Association in January of this year. Her work at the association includes meeting with families to provide support, information and referral, facilitating support groups, acting as a liaison with other community agencies in the area that serve seniors. She conducts professional and community education programs like this one.

**Instructor: Liz Johnson, SW**

**2D. EXERCISE FOR SENIORS WHO THINK THEY CAN'T** – A fun exercise experience for people with aches, pains, special needs and issues. This session will be a gentle, safe, non-threatening and mostly seated moving experience to end your day on an uplifting and buoyant note. No special equipment is needed, just bring yourself.

**Instructor: Anne Olin, BC-DMT, NCC, LCAT – ADTA Board Certified**

**3D. MAKING STRETCH BRACELETS** – Participants will learn to make at least one stretch bracelet. Participants are asked to purchase their own beads and spacers at a local craft store and bring them to the class. Remaining materials such as the stretch line and glue will be provided by the instructor. Class size is limited to 20 people.

**Instructor: Jill Boris**

**4D. IS MY MEDICARE PLAN THE BEST FOR ME?** – This workshop will review the basics of Medicare coverage, including Medicare Part A, Part B, Medicare prescription coverage, and Medicare Supplemental insurance coverage. It will also review the differences in health care coverage and costs between Original Medicare and Medicare Advantage plans. In addition, the class will also highlight the changes to the EPIC senior prescription assistance program. We will leave plenty of time for questions and concerns regarding your Medicare.

**Instructor: Bob Meci, HIICAP Coordinator, Ulster County Office for the Aging**

**5D. AUTUMN IN THE GARDEN** - This workshop will focus on Victoria's favorite plants for Fall colors and interests – so much more than mums.

**Instructor: Victoria Coyne, Owner of Victoria Gardens**

**6D. ZUMBA GOLD** – This program is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

**Instructor: – Doris Nieves, Licensed Zumba Fitness Instructor – ZIN member**

**7D. TOTALLY TAROT** – Join us for some fun at this highly interactive workshop that just begs for audience participation! Learn the basics of the tarot. Where did the cards come from? Discover the many different ways these 78 cards can be used. How and why are they relevant to our lives? What exactly occurs at a tarot reading anyway? Why are there so many different types of tarot decks? Using the popular Rider-Waite deck, the presenter will engage participants in a lively discussion as she reveals the answers to these questions and many more. And of course, the workshop would not be complete without some actual tarot readings for some participants who wish to volunteer.

**Instructor: Annie Wellington, Certified Tarot Reader with over 16 years experience.**

PLEASE KEEP A COPY OF THIS REGISTRATION WITH THE CLASSES YOU CHOSE **FOR YOUR RECORD!!** ON THIS FORM, FILL IN YOUR NAME, ADDRESS AND PHONE NUMBER AND BE SURE TO CHECK YOUR FIRST, SECOND AND THIRD CHOICES OF CLASSES. IF YOUR FIRST CHOICE IS FILLED, YOU WILL BE PLACED IN YOUR SECOND CHOICE; IF THAT IS FILLED, YOU WILL BE PLACED IN YOUR THIRD CHOICE. A CONFIRMATION WILL BE SENT TO YOU CONFIRMING YOUR CLASSES.

**A TURKEY WRAP LUNCH WILL BE AVAILABLE AT A FEE OF \$3.00/PERSON. IF YOU ARE INTERESTED, PLEASE INCLUDE PAYMENT WITH REGISTRATION.**

**REGISTRATION DEADLINE IS AUGUST 1, 2014.** TO INSURE YOUR SEAT IN A CLASS RETURN THIS FORM AS SOON AS POSSIBLE. CLASSES FILL UP FAST! IF YOU HAVE ANY QUESTIONS CALL (845) 340-3456.

**NEED TRANSPORTATION?** CALL ULSTER COUNTY AREA TRANSPORTATION (UCAT) AT (845) 340-3333 TO MAKE A RESERVATION.

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**LIVE, LAUGH & LEARN  
FRIDAY, AUGUST 15, 2014**

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

**TURKEY WRAP LUNCH - \_\_\_\_\_ YES IF YES, INCLUDE \$3.00**

**CHOICES OF WORKSHOPS:**

**\*REGISTRATION FEE \$5.00  
FEES ARE NON-REFUNDABLE**

9:00-10:15 a.m.      10:30-11:45 a.m.      12:30-1:45 p.m.      2:00-3:15 p.m.

A. 1<sup>st</sup> choice \_\_\_\_\_      B. 1<sup>st</sup> choice \_\_\_\_\_      C. 1<sup>st</sup> choice \_\_\_\_\_      D. 1<sup>st</sup> choice \_\_\_\_\_

A. 2<sup>nd</sup> choice \_\_\_\_\_      B. 2<sup>nd</sup> choice \_\_\_\_\_      C. 2<sup>nd</sup> choice \_\_\_\_\_      D. 2<sup>nd</sup> choice \_\_\_\_\_

A. 3<sup>rd</sup> choice \_\_\_\_\_      B. 3<sup>rd</sup> choice \_\_\_\_\_      C. 3<sup>rd</sup> choice \_\_\_\_\_      D. 3<sup>rd</sup> choice \_\_\_\_\_

**\*MAKE REGISTRATION CHECKS PAYABLE TO ULSTER COUNTY**

**2014**  
**“Live, Laugh and Learn”**

9:00 – 10:15	10:30 – 11:45	12:30 – 1:45	2:00 – 3:15
1A. Senior Pet Companions	1B. So You Want to be a Writer	1C. Prevention/Detection of Coronary Disease	1D. Keeping Fit From the Neck Up
2A. Composting – Turn Kitchen Scraps into “Black Gold”	2B. Saving Energy Saving Dollar\$	2C. Latin Dancing for Our Seniors	2D. Exercise for Seniors Who Think They Can’t
3A. Hidden Treasures Our Own Antique Road Show	3B. Hidden Treasures Our Own Antique Road Show	3C. Estate Planning	3D. Making Stretch Bracelets
4A. Let’s Play Trivia For your Health	4B. Maintaining Independence with Vision Loss	4C. Services for Seniors from the County Clerk	4D. Is My Medicare Plan the Best for Me?
5A. Laughter Yoga	5B. Ashokan Reservoir 100 Years Ago	5C. Personal Safety For Seniors	5D. Autumn in the Garden
6A. Tai Chi-like Exercises for Seniors	6B. Fountain of Youth	6C. Eurodance	6D. Zumba Gold
7A. Senior Facebook	7B. The Lighter Side of Death: Part II	7C. Home Safe Home – How to Keep it that Way	7D. Totally Tarot



## **“Live, Laugh and Learn” 2014 Committee Members**

**Christine Noble, 2014 Committee Chairman**

**Jeanine Foster, Assistant Vice President, Rondout Savings Bank**  
**Sue Hoger, Chief Executive Officer, Resource Center for Accessible Living, Inc.**  
**Pat Konopka, retired County Office for the Aging Senior Case Manager**  
**Kelly McMullen, Office for the Aging Director**  
**Diane Swart, Ulster County Finance Dept.**

## **SPECIAL THANKS TO:**

*All of the Volunteer Instructors*  
*Office for the Aging Advisory Council Volunteers*

### **Directions to the Business Resource Center**

#### **From the NYS Thruway Exit 19 and Route 209 North (Ellenville)**

Drive to the inner circle of the Roundabout taking the Broadway/Kingston exit (Col. Chandler Drive). At the end of Col. Chandler Drive, at the first traffic light turn left onto Albany Ave. Drive 8 traffic lights on Albany Ave. The Business Resource Center will be on your left next to the Dept. of Social Services.

#### **From Route 9W South (Highland/Port Ewen)**

Drive north to Kingston over Rondout Bridge onto Koenig Blvd. Continue until you come to a “T” at the intersection of Route 9W and Route 32 (Flatbush Rd). Turn left at the traffic light. At the next intersection/traffic light (Hess Express will be on your right), turn right continuing on Route 9W (East Chester St. Bypass). Go to the second traffic light where you will turn left onto Ulster Ave. Continue on Ulster Ave just under one mile. The Business Resource Center will be on your right next to the Dept. of Social Services.

#### **From Route 9W North (Saugerties)**

Drive south on Route 9W staying in the right lane (Ulster Ave). Bear right at the intersection of East Chester Street Bypass. Michael’s Diner and Hoffman Car Wash will be on your right. Go over overpass and continue south for 3 traffic lights. The Business Resource Center will be on your right next to the Dept. of Social Services.

#### **From Route 9 (Northern Dutchess County)**

Drive west on Route 199 across the Kingston- Rhinecliff Bridge. Take the Route 9W South Exit and follow the directions from Route 9W North (above).

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2865

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“Take the attitude of a student, never be too big to ask questions, never know too much to learn something new.” - **O. G. Mandino**

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“Limitations live only in our minds. But if we use our imaginations, our possibilities are limitless.” - **Jamie Paolinetti**

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“If you only do what you know you can do – you never do much.”  
- **Tom Krause**

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“Do not let what you cannot do interfere with what you can do.”  
- **John Wooden**

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“Try to learn something about everything and everything about something.”  
- **Thomas Henry Huxley**

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“Achievement is largely the product of steadily raising one’s levels of aspiration and expectation.” - **Jack Nicklaus**

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“It’s kind of fun to do the impossible.” - **Walt Disney**

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“Happiness is not something ready made. It comes from your own actions.”  
- **Dalai Lama**

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