



**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”

19th Annual Senior Day Conference

On

AUGUST 18, 2016

At

SUNY Ulster
94 Mary's Avenue
Kingston, New York 12401

The following sponsors make this wonderful day possible:



Golden Hill Nursing & Rehabilitation Center

ULSTER COUNTY COMMUNITY COLLEGE

Resource Center for Accessible Living

"LIVE, LAUGH & LEARN"
19th ANNUAL SENIOR DAY CONFERENCE
AUGUST 18, 2016
DOORS OPEN AT 8:30 A.M.
For sign in and morning refreshments

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

CHOOSE ONE

1A. WAY TO GO! – Don't have a way to go? If you or someone you know needs transportation, this workshop will discuss transportation options for seniors in Ulster County. Participants will learn what services are available; how to apply and qualify for the free ride or reduced fare program; what ADA is; how to schedule rides and much more. Hop on the bus first-hand and see how easy it is to board an Ulster County transit bus!

Instructor: Carol Hargrove, Deputy Director, Ulster County Area Transit

2A. A BETTER UNDERSTANDING OF HEARING LOSS - This workshop will explain the process of how our hearing system works and the impact of untreated hearing loss. We will also look at the benefits of taking action to address hearing loss with amplification through hearing aids. This course will share some of the latest advancements in the industry.

Instructor: Christi Moncavage, Au.D

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 **ONE** item or photo of **ONE** item for a verbal appraisal. **Program is not responsible for loss, theft, or breakage of items.**

Instructor: George Cole, George Cole's Auction, Red Hook

4A. SECRETS TO LONGEVITY WITH ESSENTIAL OILS – In this workshop you will learn that essential oils are the subtle, aromatic and volatile life-force extracted from flowers, seeds, stems, bark and many different roots. Like human beings, they are alive both chemically and electrically. You will learn which oils have the highest anti-oxidant rating; which oils increase the body's production of HgH (human growth hormone), the "youth-ing" hormone that reverses the effects of aging; the importance of cleansing the body; the basic foundation of vibrant health; beautiful skin and body care with essential oils and much more!

Instructor: Joan Apter, Aromacologist

5A. PREPARING FOR EMERGENCIES FOR SENIORS - Do you have a kit of emergency supplies? Do you have a plan for what you will do in an emergency? Are you informed on what emergencies could affect this region? If the answer is “No” or “I don’t know” or “Yes, but I’d like to learn more”, then this presentation is for you. The instructor will take you through the steps of Being Prepared for an Emergency. We’ll discuss all aspects of how to be personally prepared and who can help us stay safe in Ulster County. Be prepared today and tomorrow.

Instructor: Diane R. Aznoe, Public Health Preparedness Education Coordinator, Ulster County Department of Health

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: Anne Sherry, Certified Tai Chi Instructor

7A. 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 discuss 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

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

CHOOSE ONE

1B. TENANT/LANDLORD RIGHTS – Tenants’ rights to habitable and safe housing is the main focus of this presentation. It will cover the law and practice of evictions in the Town, Village and City Courts within Ulster County. Federal programs for housing assistance and the Section 8 voucher programs and the NY State programs for Low Income Tax Credit Housing will also be covered.

Instructors: Peter M. Frank, Esq., Senior Staff Attorney & Angela L. Figurelli, Esq., Staff Attorney - Legal Services of the Hudson Valley, Kingston office

2B. SILVERSNEAKERS CLASSIC – “Get fit, have fun, and make friends”. This group exercise class will increase strength, range of movement, agility, balance and coordination! Be prepared to enjoy exercising to good music while making friends and having fun! Check with your insurance provider. Many carriers provide a free gym membership at participating SilverSneakers locations.

Instructor: Mary Tuma, Certified Healthways SilverSneakers Instructor at MAC Fitness, Kingston

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: George Cole, George Cole's Auction, Red Hook

4B. EASIER BY THE DOZEN - This workshop will discuss the exciting change from bimonthly to monthly billing to help customers more easily manage their household budgets. Learn what tools and resources Central Hudson has in place to help you with your energy costs. Be sure to join us for BINGO fun at our workshop where all attendees will be entered into a raffle.

Instructor: Teresa Leske, Customer Account Services Supervisor – Consumer Outreach - Central Hudson

5B. IDENTITY THEFT AND SCAM PREVENTION- Identity theft and other fraudulent scams are some of the fastest growing crimes in the United States and often seniors are targeted. Victimizing someone is easier than ever, with widespread information available on-line. With only a few pieces of valid personal information significant and devastating damage can be done. Unfortunately, the majority of victimization comes at the hands of those we know and trust. Individuals can be targeted by family and acquaintances like home help or neighbors. This workshop will educate attendees on recognizing the signs of victimization, help seniors avoid victimization, and discuss where to go for assistance in mitigating the damage caused by fraud.

Instructor: Melanie Grossman, New York Department of State Outreach Coordinator, Division of Consumer Protection

6B. LGBTQ AGING IN THE HUDSON VALLEY- This workshop will discuss LGBTQ aging and what it means to us in the Hudson Valley. Currently there are an estimated 1.6 to 2.4 million LGBTQ elders in the United States. By 2030 that number will climb to 7 million. Communities and programs need to prepare and need to be prepared to create a safe and welcoming environment. We will learn some history, best practices, and have an informed, lively conversation.

Instructor: Lauren Gordon, LCSW

7B. 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.

12:45 to 2:00 (C WORKSHOPS)

CHOOSE ONE

1C. 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

2C. UNLOCK YOUR POWER TO HEAL – Participants will learn how to do more of the things they love to do for a longer time in their lives. The program will give the participants tools they can begin using immediately when they get home. Find out how the latest research shows that the mind and body are inseparable. By learning how to activate your core and safely exercise your body you can keep your mind sharper, while helping your body avoid muscle atrophy and osteoporosis. Even if you are wheel chair bound, use a walker or a cane there are ways you can still keep your mind and body more healthy. So join us!

Instructor: Anthony A. Blisko, D.C.

3C. IS YOUR LEGAL HOUSE IN ORDER? - This program will address among its topics: wills, health care proxies, durable powers of attorney, trusts, and basic asset protection procedures and techniques. After discussion, a question and answer period will take place.

Instructor: Kathy Dittus

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. EMPOWERMENT WHILE NAVIGATING LONG TERM CARE – Forty percent of people who reach age 65 will spend some time in a nursing home. Ombudsmen help residents and their families understand and exercise their rights to quality care and quality of life. Abuse of seniors, particularly financial abuse, is on the rise. Scammers are finding new ways to separate you from your money. Come learn about how the Ulster County Elder Abuse Prevention Task Force is working to eliminate elder abuse in Ulster County. Come learn about ombudsman advocacy services and what the task force is doing. Learn about how to get involved too!

**Instructors: Gloria Murray, Director, Hudson Valley Long Term Care Ombudsman Program
Erica Smith, Certified Ombudsman, Program Manager for HVLTCOP
Kelly McMullen, Director, Ulster County Office for the Aging and
Co-Chair of the Ulster County Elder Abuse Task Force**

6C. WHEN DO YOU KNOW IF YOU HAVE TOO MUCH "STUFF"? – Whether you are considering the possibility of downsizing in the near future or planning to stay in your current home, this workshop can help you to start to live a stress free life. Free of "stuff"...Stuff you don't or probably don't even remember is there. I can help you start that process. It's easy and can take as much or as little time as you care to give. I guarantee you will be happy with the end result.

Instructor: Colleen Mountford, Move Management Specialist, Next Step Home

7C. SENIOR CAR SAFETY - This session will address CarFit, a nationwide program developed by AAA, AARP and AOTA with the goal of providing education and safety information to help older drivers remain safe and independent behind the wheel. CarFit programs give drivers the opportunity to assess how well they "fit" within their vehicle. It provides non-judgmental safety information and raises awareness of resources, such as adaptive devices that can help drivers become more comfortable and confident behind the wheel. CarFit is NOT a driving evaluation; it is a program designed to empower older drivers and increase independence while emphasizing safety and comfort.

Instructor: Kristina Mechi, CarFit Event Coordinator, City of Kingston Fire Dept.

2:15 to 3:30 (D WORKSHOPS)

CHOOSE ONE

1D. I DID IT MY WAY – In today’s world everything can be customized to reflect what you want and who you are. Why not your funeral? We will discuss some of the many options available for personalization. We will also explain the merits of prearranging one’s funeral. Indeed, you CAN have it your way!

Instructors: Paul Hammerl, owner & operator of Simpson-Gaus Funeral Home - New York State Licensed Funeral Director

2D. DO UNTO OTHERS – The benefits of volunteering are well known and well documented. Come find out how we can help you live a longer, healthier life. Feel better about yourself and give back to your community. The Ulster County Office for the Aging Volunteer Program provides support for more than 350 people who give their time to non-profits, historic sites, museums, hospitals, thrift shops and more. Learn about our Medicare counselling program. Find out what the Neighbor to Neighbor Program does for seniors and hear about “Ulster County Checks In” telephone reassurance program. Sage women over 60 years old might consider becoming a mentor to a woman who needs support or specific skill development. The OFA has partnered with the United Way’s Raising Hope Foundation to link you to a younger woman who could benefit from your experience. Ulster County wants you!

**Instructors: Patrick McDonough, Director, Ulster County Office for the Aging Volunteer Program
Judith Bromley - Project Coordinator, Raising HOPE**

3D. LEARN TO SWING DANCE – Maybe you called it the jitterbug or lindy, but whatever you called it, we call it fun! Learn or recall the basics of this fun dance done to big band music with Got2Lindy Dance Studios. Your instructor, Ron Fields, has been studying swing dance at Got2Lindy for over 10 years and never gets tired of learning new moves and spreading his love of swing dance and big band sounds. Join us for this fun and easy session. No partner or experience is needed. Everyone will learn to dance together!

Instructor: Ron Fields – Got2Lindy Dance Studio

4D. MEMORY BOX – Create and make your own unique memory keeper box. Store your special momentos, treasures and love letters in a small box that you can proudly display out in the open or tuck in a drawer. Come join us to decorate your personalized memory keeper box with pretty buttons, artificial flowers, costume jewels, beads and numerous other items. Decorating supplies and one box are included in the class fee of \$5.00 per person payable with your registration fee.

Instructor: Enrica Fiorenza & Juliete Greenwood, Pretty Design Creators and Case Managers from RCAL, Resource Center for Accessible Living

5D. RENOVATION OF A GARDEN - When a garden has outgrown itself, Victoria will review a step-by-step practical approach to garden renovation. See your landscape with a fresh eye, establishing what's worthy of keeping and what is only worthy of the compost pile. Also: tips to make a garden mature with the gardener so it can be more easily maintained.

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. SAVING ENERGY, SAVING MONEY - Play an interactive game to educate yourself on how you have the ability to keep \$50 a month or more in your pocket while also saving energy.

Instructor: – Michele Evanson, Honeywell NYS Outreach Program Coordinator

2016
“Live, Laugh and Learn”

9:00 – 10:15	10:30 – 11:45	12:45 – 2:00	2:15 – 3:30
1A. Way To Go!	1B. Tenant/Landlord Rights	1C. Totally Tarot	1D. “I Did It My Way”
2A. A Better Understanding of Hearing Loss	2B. Silver Sneakers Classic	2C. Unlock Your Power to Heal	2D. Do Unto Others
3A. Hidden Treasures Our Own Antique Road Show	3B. Hidden Treasures Our Own Antique Road Show	3C. Is Your Legal House in Order	3D. Learn to Swing Dance
4A. Secrets to Longevity with Essential Oils	4B. Easier By the Dozen	4C. Services for Seniors from the County Clerk	4D. Memory Box
5A. Preparing for Emergencies for Seniors	5B. Identity Theft and Scam Prevention	5C. Empowerment while Navigating Long Term Care	5D. Renovation of a Garden
6A. Tai-Chi for Seniors	6B. LGBTQ Aging in the Hudson Valley	6C. When Do You Know if you Have Too Much Stuff?	6D. Zumba Gold
7A. Is My Medicare Plan the Best for Me	7B. Laughter Yoga	7C. Senior Car Safety	7D. Saving Energy Saving Money

“Live, Laugh and Learn” 2016 Committee Members

**Christine Noble, 2016 Committee Chairman,
Ulster County Office for the Aging Senior Services Aide**

**Jeanine Foster, Assistant Vice President, Rondout Savings Bank
Pat Konopka, retired County Office for the Aging Senior Case Manager
Patrick McDonough, Ulster County OFA Volunteer Program Director
Linda Palfreyman, Ulster County Office for the Aging Fiscal Dept.
Diane Swart, Ulster County Finance Dept.**

SPECIAL THANKS TO:

*All of the Volunteer Instructors &
Office for the Aging Volunteers*

Directions to SUNY Ulster, 94 Mary’s Avenue, Kingston

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

Drive to the inner circle of the Roundabout taking the Broadway/Kingston exit , Rt. 587 (Col. Chandler Drive). At the end of Col. Chandler Drive, drive straight through the traffic light merging on to Broadway heading south. Driving on Broadway to the 4th traffic light at Pine Grove Avenue, turn right. Turn left on to Mary’s Avenue and just passed the traffic light on the left is an entrance to the SUNY Ulster parking lot.

From Route 9W South (Highland/Port Ewen)

Drive north to Kingston over Rondout Bridge onto Koenig Blvd. Take the Delaware Avenue exit on the right and stay straight at the traffic light going over the Delaware Avenue bridge that merges onto Hasbrouck Avenue. Turn left at the traffic light on the corner of Hasbrouck Avenue and East Chester Street. Turn right at the next traffic light on to Broadway. Drive to the second traffic light and turn left on to West O’Reilly Street. Go to the traffic light and turn left on to Mary’s Avenue. Just past the light on the left will be the entrance to the SUNY Ulster parking lot.

From Route 9W North (Saugerties)

Drive south on Route 9W passing the Hudson Valley Mall and then bear left onto East Chester Street following it all the way (approximately 3 miles) until you come to Broadway in Kingston. At the Broadway & East Chester Street traffic light turn right onto Broadway. Drive to the second traffic light and turn left onto West O’Reilly Street. Go to the traffic light and turn left onto Mary’s Avenue. Just passed the light will be the entrance to the SUNY Ulster parking lot.

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 above.

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 OR VEGGIE 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 8, 2016. 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 TRANSIT (UCAT) AT (845) 340-3333 TO MAKE A RESERVATION.

**LIVE, LAUGH & LEARN
THURSDAY, AUGUST 18, 2016**

NAME _____ PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TURKEY WRAP LUNCH - _____ YES IF YES, INCLUDE \$3.00
VEGGIE WRAP LUNCH - _____ YES IF YES, INCLUDE \$3.00

CHOICES OF WORKSHOPS: *REGISTRATION FEE \$5.00
FEE OF \$5.00 FOR CLASS 4D
FEES ARE NON-REFUNDABLE

<u>9:00-10:15 a.m.</u>	<u>10:30-11:45 a.m.</u>	<u>12:45-2:00 p.m.</u>	<u>2:15-3:30 p.m.</u>
A. 1 st choice _____	B. 1 st choice _____	C. 1 st choice _____	D. 1 st choice _____
A. 2 nd choice _____	B. 2 nd choice _____	C. 2 nd choice _____	D. 2 nd choice _____
A. 3 rd choice _____	B. 3 rd choice _____	C. 3 rd choice _____	D. 3 rd choice _____

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

Ulster County Office for the Aging's
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Sponsored by:



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