



**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”

20th Annual Senior Day Conference

On

AUGUST 17, 2017

At

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

“LIVE, LAUGH & LEARN”
20th ANNUAL SENIOR DAY CONFERENCE
AUGUST 17, 2017
DOORS OPEN AT 8:30 A.M.
For sign in and morning refreshments

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

CHOOSE ONE

1A. I GET AROUND! – 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 Area Transit bus and get around Ulster County!

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

2A. CAN YOU HEAR ME? - 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: Jean M. Cordes, MS Audiologist

3A. HIDDEN TREASURES: OUR OWN ANTIQUES ROAD SHOW – 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. FITNESS & DANCE – 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! Class provides modified, low-impact moves.

Instructor: Doris Nieves, Licensed Fitness Instructor – ZIN member

5A. RESCUE ME – This workshop will explain the benefits of adopting an older pet, along with an overview of the Ulster County SPCA and the purpose it serves our community. A short video will be shown to introduce some of their animals.

Instructor: Jill Schintone - Ulster County SPCA Board of Directors Member

6A. SAY YES TO LIFE: MINDFULNESS MEDITATION - Being mindful means focusing your awareness in the present moment with an attitude of curiosity and acceptance. This workshop will explore breathing techniques, guided imagery, and healing meditations which help focus the mind as well as use deep breathing to keep our muscles strong and our lungs more elastic. Benefits also include developing emotion balance, inner peace and calm, as well as improving overall health and well-being. A strong, flexible mind is a key element in healthy, positive living.

Instructor: Angelina Birney, Meditation and Yoga 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. LET'S TALK ABOUT LYME DISEASE – In Neal's unique way, he'll help attendees understand Lyme Disease. We'll discuss the rampant misinformation about Lyme Disease and discuss what's real in an entertaining, yet factual way. Topics will include what to do if you find a tick, tick-bourne diseases, traditional therapies and natural options.

Instructor: Neal Smoller, PharmD, Village Apothecary

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: OUR OWN ANTIQUES ROAD SHOW – 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. AM I LOSING MY VISION? - Taking care of your eyes should be a priority just like eating healthy and exercise. In this workshop you will learn how to take care of your vision so you can perform everyday tasks, improve use of remaining vision, and maintain safety in the home. Plus tips and tricks to make your home fit senior adult needs.

Instructor: Nancy Ryan, MS, Occupational Therapist, Certified Low Vision Therapist, Ryan Vision Rehab

5B. FIND ME ON FACEBOOK- This workshop will be a basic, beginning class for those who would like to stay in touch with friends, relatives and grandchildren on Facebook. Class will cover the Facebook timeline, finding people, sharing pictures, and being security conscious. Please bring your 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

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'll present on ways to create safe and affirming environments for LGBTQ + elders in your personal and professional lives by exploring terminology, LGBTQ+ history, and how to get involved with the Hudson Valley Chapter of SAGE (Services and Advocacy for GLBT Elders).

Instructor: Hudson Valley LGBTQ Community Center Staff

7B. KEEPING FIT FROM THE NECK UP - Steps to getting a diagnosis, symptoms and stages of Alzheimer's disease as well as common behaviors are explained. It also explores the differences between normal aging memory changes and dementia as well as tips for keeping physically, mentally, and socially healthy.

Instructor: Liz Johnson, Care Consultant & Director of Client Assistance, Alzheimer's Association- Hudson Valley Chapter

12:45 to 2:00 (C WORKSHOPS)

CHOOSE ONE

1C. WHAT'S IN YOUR CARDS? – Join us for some fun at this highly interactive workshop that just begs for audience participation while you learn the basics of the tarot. Where did the cards come from? 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. UNCLE HARRY DIED WITHOUT A WILL - SO WHAT HAPPENED? - Most people are familiar with what happens when one dies with a Will. The executor is responsible for distributing all the worldly possessions of the decedent according to the terms of the Will. But what if there is no Will? What happens then? This session will cover what will happen if there is no will and why it is important to have a Will or a Trust.

Instructor: Kathy Dittus, Esq.

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. INTRODUCTION TO TAI CHI AND QIGONG – Experience the healing power of “Qi,” the life force and energy used since ancient times in the arts and sciences of medicine and martial arts alike. With simple, gentle movements you will enjoy aligning your body, mind, and spirit with the principles of nature – like balance, harmony, and power.

Instructor: Celeste Graves, MA, Senior Instructor International Tai Chi for Health Institute

6C. KEEPERS OF THE LIGHT: Women Lighthouse Keepers of the Hudson River –

Learn about the history of the Hudson River lighthouses, with emphasis on the lives of the female lighthouse keepers and women who grew up in the Rondout, Esopus Meadows and Stony Point lighthouses.

Instructor: Sarah Wassberg, Director of Education, Hudson River Maritime Museum

7C. ARE YOU COMFORTABLE BEHIND THE WHEEL? - You know you are a safe and cautious driver, but what about everyone else on the road? How well do you know your vehicle? Is it easy for you to get into and out of your car? Is your seat belt comfortable? How about your headrest? Come spend a bit of time learning about CarFit, a nationwide program designed to keep you safe and comfortable in your vehicle for years to come. You will learn about safe driving techniques as well as the safest practices for fitting in your vehicle. You will also be introduced to several "gadgets" designed to make driving easier and more comfortable. Finally, you will be able to register for a personalized CarFit checkpoint if you wish. We all know vehicle safety is important but it can also be fun too!

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. YOUR RIGHTS IN 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. The benefits of volunteering are well known and well documented. Find out how we can help you live a longer, healthier life, feel better about yourself, and give back to your community. Learn about ombudsman advocacy services and how to get involved!

Instructor: Gloria Murray, Director, Hudson Valley Long Term Care Ombudsman Program

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. IS IT A HAT OR DECORATION? - This workshop is for the “fashionista” in everyone. Turn a simple straw hat into a creation you will be proud to wear or if you prefer, you can hang it on your wall or door. Join us and we will help bring out the designer in you. You could be the next Coco Chanel! This class has a fee of \$5.00 for the hat and lovely supplies that will be used to adorn it. This class is also open to the gents who would like to create their own snazzy hat. See you there!

Instructor: Enrica Fiorenza Pretty Design Creator

5D. RENOVATING YOUR FOUNDATION PLANTINGS - A foundation planting scheme should enhance your home, be inviting and tie into the surrounding landscape and complement your homes architecture. Through a review of the history of these plantings, the instructor will share some insight and advice about when they are appropriate, or if they are needed at all. Also, you’ll learn what you can do to reclaim an over grown planting through management and renovation.

Instructor: Victoria Coyne, Owner of Victoria Gardens

6D. SERVING THOSE WHO SERVED – Are you a Veteran? Do you know all the benefits you have earned? The Ulster county Veteran Services Agency provides support to County veterans and their families in obtaining medical, disability, pension and education benefits from the U.S. Department of Veterans Affairs (VA) and the NYS Department of Veteran Affairs. The UCVSA also helps veterans with issues such as homelessness, burials, tax exemptions, employment, transportation and the FAVOR discount card program, and performs outreach to local communities and service organizations.

Instructor: Keith Bennett, Deputy Director Ulster County Veteran Services Agency

7D. HOME ENERGY EFFICIENCY - Come to this energy efficiency workshop to learn what you can do to reduce your energy consumption at home and save money on your utility bills. Learn about getting an energy assessment for your home, you may qualify for a free assessment under the Home Performance program. Information about other clean energy programs will be discussed as well.

Instructor: Hugo Jule, GJGNY Outreach Coordinator, RUPCO

Thanks to the sponsors who make this day possible:



**Golden Hill Nursing & Rehabilitation Center
Ulster County Community College
Resource Center for Accessible Living
Edible Independence
AM/PM Homecare
Home Healthcare and Companion
Ivy Lodge**

Please note: Kingston Center of SUNY Ulster is equipped with elevator access to both floors of the building.

Please park in the Student parking lot ONLY.

2017
“Live, Laugh and Learn”

9:00 – 10:15	10:30 – 11:45	12:45 – 2:00	2:15 – 3:30
1A. I Get Around!	1B. Let’s Talk About Lyme Disease	1C. What’s in your Cards?	1D. “I Did it My Way”
2A. Can You Hear Me?	2B. Silver Sneakers Classic	2C. Unlock Your Power to Heal	2D. Your Rights in Long Term Care
3A. Hidden Treasures Our own <i>Antique Road Show</i>	3B. Hidden Treasures Our own <i>Antique Road Show</i>	3C. Uncle Harry died without a Will. So what happened?	3D. Learn to Swing Dance
4A. Fitness & Dance	4B. Am I Losing My Vision?	4C. Services for Seniors from the County Clerk	4D. Is It a Hat or a Decoration?
5A. Rescue Me	5B. Find Me on Facebook	5C. Introduction to Tai Chi and Qigong	5D. Renovating Your Foundation Plantings
6A. Say YES to Life: Mindfulness Meditation	6B. LGBTQ+ Aging in the Hudson Valley	6C. Keepers of the Light	6D. Serving Those Who Served
7A. Is My Medicare Plan The Best for Me?	7B. Keeping Fit from the Neck Up	7C. Are You Comfortable Behind the Wheel?	7D. Home Energy Efficiency

“Live, Laugh and Learn” 2017 Committee Members

Christine Noble, 2017 Committee Chairman,
Ulster County Office for the Aging Senior Services Aide
Jeanine Foster, Mid-Hudson Valley Federal Credit Union
Patrick McDonough, Ulster County OFA Volunteer Program Director
Linda Palfreyman, Ulster County Office for the Aging Fiscal Dept.
Christine Pepitone, Ulster County Office for the Aging Senior Services Aide
Diane Swart, Ulster County Finance Dept.

SPECIAL THANKS TO:

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

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

Please park in the Student parking lot ONLY.

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 Kingston Center of SUNY Ulster **STUDENT** 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 Kingston Center of SUNY Ulster **STUDENT** 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 Kingston Center of SUNY Ulster **STUDENT** 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 4, 2017. 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 17, 2017**

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**

9:00-10:15 a.m.

10:30-11:45 a.m.

12:45-2:00 p.m.

2:15-3:30 p.m.

A. 1st choice _____

B. 1st choice _____

C. 1st choice _____

D. 1st choice _____

A. 2nd choice _____

B. 2nd choice _____

C. 2nd choice _____

D. 2nd choice _____

A. 3rd choice _____

B. 3rd choice _____

C. 3rd choice _____

D. 3rd choice _____

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

Ulster County Office for the Aging's
"LIVE, LAUGH & LEARN"

Sponsored by:



Golden Hill Nursing & Rehabilitation Center
Ulster County Community College
Resource Center for Accessible Living

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