



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

Presents

LIVE, LAUGH & LEARN

21st Annual Senior Day Conference

AUGUST 16, 2018

At

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

The following sponsors make this wonderful day possible:

 **Golden Hill Nursing & Rehabilitation Center**



LIVE, LAUGH & LEARN
21st ANNUAL SENIOR DAY CONFERENCE
AUGUST 16, 2018
DOORS OPEN AT 8:30 A.M.
For sign in and morning refreshments

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

CHOOSE ONE

1A. NEED TRANSPORTATION? NO PROBLEM - GETTING FROM HERE TO THERE – 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. BONE HEALTH A-Z: NUTRITION, SUPPLEMENTS & MEDICINE – Neal will cover the basics of bone health and keeping bones strong, especially after 65. We'll learn about osteoporosis and discuss traditional, nutritional and natural options for supporting bone health and preventing fractures.

Instructor: Neal Smoller, Jr., PharmD – Owner, Village Apothecary

3A. HOME SAFE HOME – HOW TO KEEP IT THAT WAY - Tips and tricks on removing typical risks and hazards in your home. The full extent of falls and injuries of older adults is unknown because only a small percentage of older adults who fall seek medical attention. We do know that the result of falls can lead to increased healthcare expenditures, loss of motor skills, dependence upon others, and loss of independence. This should be enough to motivate you to do some basic, simple things around your house to reduce the incidence of falls and that's all I'm here to do, to encourage you to carry out some simple, basic changes that are in the interest of your own safety.

Instructor: Gilles Malkine, Architectural Modification Coordinator

4A. EMERGENCY PREPAREDNESS – 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

5A. BENEFITS OF PET ADOPTION – 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. The presenter will bring along her dog, Rosie, and share her own story of adoption and the happiness it brought into her life.

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

6A. SAY YES TO LIFE: MINDFUL MEDITATION - Being mindful means focusing your awareness in the present moment with an attitude of curiosity and acceptance. This workshop explores the use of deep breathing to keep our lungs and muscles strong, as well as guided imagery and meditation to develop emotional balance, inner peace and improvement in our overall health and well-being. Compassion, strength and flexibility are key elements for a positive, purposeful life. Join us for a fun, informative and relaxing session meant to empower your healing journey.

Instructor: Angelina Birney, Meditation and Yoga Instructor

7A. GOING GREEN IN KINGSTON – HOW TO LIVE MORE SUSTAINABLY! - Every day, we make choices in our lives that affect the environment, from how we eat, to how we travel. This comprehensive workshop will provide tips, tools and techniques for living a more sustainable lifestyle, no matter what age or income.

Instructor: Julie L. Noble, Environmental Education and Sustainability Coordinator - City of Kingston Parks and Recreation

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

CHOOSE ONE

1B. LET'S TALK 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-borne diseases, traditional therapies and natural options.

Instructor: Neal Smoller, Jr., PharmD – Owner, Village Apothecary

2B. WHO CAN? I.C.A.N. – We will be discussing the Independent Consumer Advocacy Network or "ICAN" which is the NYS Ombudsman program for people with Medicaid who need long term care services or behavioral health services. We can answer questions about Medicaid, Medicare, long term care, behavioral health, and managed care, help you decide what plan is right for you, and solving problems with your managed care plan. We can talk with you, your family members or anyone who is helping you with your healthcare decisions.

Instructor: Lisa Luborsky, I.C.A.N. Coordinator for Legal Services of the Hudson Valley

3B. SO, YOU WANT A POND? – This workshop will give you an idea of what is necessary to build a pond in your backyard, be it a water garden or a pond with fish. A garden pond of any size and shape adds a soothing dimension to your landscape. The types of ponds, waterfalls and streams will be discussed. Construction details, location, size and safety will be included. Most important is care, health of plants and fish and water clarity. The pond is its own ecosystem and you are the caretaker. Like a garden, a pond is another maintenance item. It can be a restful place with the sound of water, or it may be problematic. We will try to cover all the good and bad points of pond ownership.

Instructor: Frank Almquist – Master Gardener, Cornell Cooperative Extension, Ulster County

4B. DXF® - DANCE XROSS FITNESS® FOR BOOMERS & SENIORS - This is a fun, empowering cardio interval fitness program that incorporates modified dance, kickboxing, strength training and soul line dancing movements, combining new and old school music and movement to engage all ages and ability levels.

Instructor: DXF® Creator, Bryant “Drew” Andrews

5B. UNDERSTANDING TAROT – Join us for some fun at this highly interactive workshop that just begs for audience participation! Learn the basics of the tarot. Discover the many ways these 78 cards can be used. 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

6B. MEDICARE Q & A's – 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

7B. 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.

Instructor: Liz Johnson, LMSW, Care Consultant: Dutchess/Ulster and Director of Client Assistance

12:45 to 2:00 (C WORKSHOPS)

CHOOSE ONE

1C. WASHCLOTH ART – Learn how to transform regular washcloths into a floral arrangement that you will be proud to display in your home. Instructions will be simple enough that even beginner crafters will come away with a work of art. An additional fee of \$5 per person will include a bag filled with all the supplies needed to complete one washcloth floral arrangement. We will also play games during the class where prizes of various washcloth art will be awarded.

Instructor: Enrica Fiorenza

2C. DRAWING FACES FOR BEGINNERS – Participants will learn how to produce a likeness of a reference photo provided by the instructor. The instructor will guide you using graphite pencils. Techniques, such as cross-hatching and hatching will be employed to produce a realistic image. There will be an additional fee of \$7 per student for supplies.

Instructor: Kristy Bishop

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

Instructor: Kathy Dittus, Esquire

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. TAI CHI FOR REHABILITATION, REJUEVENATION, AND RECOVERY (from just about anything!) – Experience three traditional Tai Chi styles in one short, easy-to-learn practice. This class will be profound and fun, and will offer suggestions for how you can begin and continue incorporating a Tai Chi practice into your daily life!

Instructors: Celeste Graves, MA, Senior Trainer with the International Tai Chi for Health Institute & Roberta Gavner, MS, Instructor for Tai Chi for Health Programs

6C. PREVENTING HIP FRACTURES – As you age, your spine sustains traumas which reduce normal spinal motion. Spinal stiffness alters the quality of body movement and position information being sent to the brain. As degraded sensory input being sent by restricted joints of the body increases, you begin to experience balance issues, leaving you more vulnerable to falling and hip fracture. This program will provide you with insights about the progression of poor balance and solutions that will help you take charge of this threat to your quality of life.

Instructor: Anthony A. Blisko, D.C.

7C. SAFE & 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 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. MY CHOICE, MY RIGHTS, MY VOICE...SPEAK TO AN OMBUDSMAN –

Families, friends, caregivers and seniors who reside in a long-term care community, such as a nursing facility, assisted living facility, or an adult home continue to have the right to voice their choices regarding care and treatment and to receive this care and treatment with respect and dignity. Join us to understand the role of the Ombudsman in the long-term care facility. Know your resident rights and the resources available for long-term care residents.

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. BE A TOURIST IN YOUR OWN BACKYARD – Let’s have some fun rediscovering some history of this incredible county along with a little trivia in this interactive session. Home to New York’s first capital, Kingston itself offers centuries of history to discover. Take a trip back in time to discover all the history that was made here. In addition, to our rich history, discover all that is available to you right here in your backyard, from recreation and events to agritourism, dining and shopping. We look forward to meeting you and talking about the incredible regions, the Hudson Valley and Catskills that we in Ulster County call home.

Instructors: Paul T. O’Neill, Ulster County Commissioner of Jurors & Fran DePetrillo-Savoca, Deputy Director of Ulster County Tourism

5D. CAN YOU HEAR ME NOW? – Different types and degrees of hearing loss can be difficult to understand, but even more difficult to live with. Join us to learn more about decoding hearing loss and its symptoms, such as ringing in the ears. This workshop will focus on where hearing loss comes from and what can be done about it. Learn about the issues associated with hearing loss and how it affects quality of life for you and your loved ones. Treatment options and updates in hearing aid technology will be discussed. Find out how to take action and start hearing in “3D” again.

Instructor: Dr. Roxanne Kohilakis, Audiologist

6D. THE CHANGING MOUTH OF THE RONDOUT CREEK – This lecture charts the changes to the mouth of the Rondout Creek over the course of two centuries, including the construction of three separate lighthouses, breakwater jetties, and the abandonment of two generations of boats to the ‘graveyard’, as well as the ecological repercussions of these human-made changes to the land.

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

7D. DON’T BE A TARGET - 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

2018
Live, Laugh and Learn

9:00 – 10:15	10:30 – 11:45	12:45 – 2:00	2:15 – 3:30
1A. Need Transportation? No Problem	1B. Let's Talk About Lyme Disease	1C. Washcloth Art	1D. "I Did It My Way"
2A. Bone Health A to Z	2B. Who Can? I.C.A.N.	2C. Drawing Faces for Beginners	2D. My Choice, My Rights, My Voice
3A. Home Safe Home	3B. So, You Want a Pond?	3C. Get your Legal House in Order	3D. Learn to Swing Dance
4A. Emergency Preparedness	4B. Dance Cross Fitness for Boomers & Seniors	4C. Services for Seniors from the County Clerk	4D. Be a Tourist in your Own Backyard
5A. Benefits of Pet Adoption	5B. Understanding Tarot	5C. Tai Chi for Rehabilitation, Rejuvenation & Recovery	5D. Can You Hear Me Now?
6A. Say Yes to Life: Mindful Meditation	6B. Medicare for Grown Ups	6C. Preventing Hip Fractures	6D. The Changing Mouth of the Rondout Creek
7A. Going Green in Kingston – How to Live More Sustainably!	7B. Keeping Fit from the Neck Up	7C. Safe & Comfortable Behind the Wheel	7D. Don't Be a Target

Live, Laugh and Learn 2018 Committee Members

Christine Noble, Committee Chair, Ulster County Office for the Aging Senior Services Aide
Patrick McDonough, Ulster County Office for the Aging Volunteer Program Director
Christine Pepitone, Ulster County Office for the Aging Senior Services Aide
Jeanine Foster, Mid-Hudson Valley Federal Credit Union

Special Thanks To:



Kingston Center of SUNY Ulster
Resource Center for Accessible Living
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 onto Mary's Avenue and just past 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 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 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 for Route 9W North (Saugerties) above.

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**.*

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.

MAKE REGISTRATION CHECKS PAYABLE TO ULSTER COUNTY AND MAIL TO ULSTER COUNTY OFFICE FOR THE AGING, 1003 DEVELOPMENT COURT, KINGSTON, NY 12401

REGISTRATION DEADLINE IS AUGUST 3, 2018. 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 16, 2018**

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 1C
FEE OF \$7.00 FOR CLASS 2C
FEES ARE NON-REFUNDABLE**

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

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 _____

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

Sponsored by:

 Golden Hill Nursing & Rehabilitation Center



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Ulster County Office for the Aging
1003 Development Court
Kingston, New York 12401