



Office of the Ulster County Executive
&
Ulster County Office for the Aging

Presents

LIVE, LAUGH & LEARN

22nd Annual Day of Senior Workshops

AUGUST 15, 2019

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

The following sponsors make this wonderful day possible:



LIVE, LAUGH & LEARN
22nd ANNUAL DAY OF SENIOR WORKSHOPS
AUGUST 15, 2019
DOORS OPEN AT 8:30 A.M.
For sign in and morning refreshments

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

CHOOSE ONE

1A. 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 option and updates in hearing aid technology will be discussed.

Instructor: Dr. Elias Moor, Audiologist

2A. CBD: CB-DO'S & CB-DON'T'S – CBD (Cannabidiol) is the newest craze sweeping the nation. Is it a miracle cure that will literally transform your life? Or is it another trend with no real science to back it up? We'll go over CBD basics, talk about some CBD silliness, and guide people along the path to determine if CBD is a good fit for them.

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

3A. LIVING HEALTHY FOR YOUR BRAIN & BODY: Tips from the latest research – At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.

Instructor: Joan Carl, Community Engagement Manager, Alzheimer's Association-Hudson Valley Chapter

4A. BREAST AND PROSTATE CANCER HEALTH EDUCATION – Are you unsure of when to be screened for breast cancer? Do you know the risk factors for prostate cancer? This workshop provides education to woman ages 50-74 and men ages 55-69 about breast and prostate cancer. Learn more about: the risks for breast and prostate cancer, when and where to be screened for breast cancer, how to obtain free breast cancer screening if uninsured, and why older men should talk with their doctor about prostate cancer.

Instructor: Gloria Valdez, Program Coordinator, Breast and Prostate Cancer Peer Education Program, HITCH.org.

5A. HELP! I NEED A RIDE – Learn the How, When and Where's on how you can get around town using the transportation available to seniors in Ulster County. Also, learn how you can ride for FREE.

Instructor: Carol Hargrove, Director of Public Transit for Ulster County

6A. BE GENTLE ON YOURSELF MEDITATION – Learn simple and easy meditation without anxiety. The instructor will teach the basic methods of how we should use our body to sit in meditation to help stabilize and strengthen our minds. The class will do a simple walking meditation (you can use a walker or stay seated) to bring meditation into action for our everyday life.

Instructor: Naomi Schmidt

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

CHOOSE ONE

1B. GUT HEALTH: IS MY GUT LEAKING? – Gut health is a popular topic because many of us have guts that are a mess. “Leaking Gut Syndrome” is a term used in the natural realm to describe a complicated picture of a gut gone bad. Our goal is to answer these important questions: Do I have to worry about “leaky gut”? Is “leaky gut” real? And, can “leaky gut” be managed? Spoiler alert: Yes, kind of, and definitely. We’ll talk about gut health and give you an understanding of “leaky gut syndrome”, address myths and misinformation. By the end, you’ll have an excellent understanding of managing a gut gone bad and how to prevent it from going bad in the first place.

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

2B. 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

3B. CENTRAL HUDSON ASSISTANCE PROGRAMS – In this workshop energy assistance programs and tips and tools to help manage utility costs will be discussed. Such topics as: HEAP, Low Income Bill Discount, Budget Billing, Help during Hospitalization, Good Neighbor Fund, and more. Information on where customers can go to sit face-to-face with Central Hudson customer service representatives will also be discussed.

Instructor: Beth Monaco, Supervisor of Low Income Programs

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. WRITING YOUR MEMORIES FOR POETRY & PROSE – Do you have life stories you want to tell? Do you think about writing it all down but don't know how to get started? Writing that's exciting. Compact and exact. Immediate and intense or dense or maybe nonsense. But any way, major wordplay, and lots of fun to try. So come on by.

Instructor: Bette Ann Moskowitz

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

12:45 to 2:00 (C WORKSHOPS)

CHOOSE ONE

1C. BRING A SPOT OF SUNSHINE INTO YOUR HOME – Learn how to create a sunflower wreath made from colorful scraps of material. We will use a simple technique of tying and artfully arranging the material to create a beautiful sunflower bloom. No experience necessary. An additional fee of \$5.00 per person will include all the supplies needed to complete one wreath. We will also play games during the class where prizes will be awarded.

Instructor: Enrica Fiorenza

2C. GET WELL AND STAY WELL – Our bodies are made up of mostly fluid. Blood, lymph and water are important fluids that have their own balance between acidity and alkalinity. While regulating pH is important for a pool or fish tank it is crucial for overall health, yet we are never taught this. With this workshop, you will gain a sense of empowerment and control over your health and life and will understand how simple choices you make every day can help you live longer and live a better quality of life.

Instructor: Dr. Jeffrey A. Saffir, DC

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: Erica Halwick-Williams, 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. WATCH OUT! SAFE WALKING SKILLS – Many older adults are unable to continue driving and need a way to get safely around their communities. People of all ages need physical activity, and walking is an ideal way to get it. Walking also provides opportunities to socialize and feel connected to the community. This workshop discusses pedestrian safety issues that older adults face and give older adults strategies for safer walking.

Instructor: Rose Quinn, Traffic Safety Assistant Mid-Hudson Health and Safety Institute; SUNY Ulster

6C. EXERCISING CAN BE FUN - A DIFFERENT APPROACH TO STAYING FIT – If you are tired of the same old exercise routine, or are just plain curious, come join us for an introduction to a Dance/Movement group. We work to music, both sitting down and standing up and you proceed at your own pace. You'll get moving and have a good time too!

Instructor: Anne Olin, M.Ed., BC-DMT, NCC, LCAT

2:15 to 3:30 (D WORKSHOPS)

CHOOSE ONE

1D. THE BEST GIFTS COME FROM THE HEART – One of the greatest gifts you can give your loved ones and yourself is to pre-arrange your funeral. Don't leave the burden to your family. We will explain the merits of pre-arranging one's funeral. We will also discuss one of the many options available for personalization.

Instructors: Paul Hammerl, Owner & Operator of Simpson-Gaus and Copeland Funeral Homes - New York State Licensed Funeral Director

2D. THE HEALING POWER OF REIKI – Reiki is the Japanese way to gently balance and restore the mind, body and spirit. Learn about the Japanese art of Reiki energy healing – what it is, what imbalances it can help with, and how this energy healing works to promote better health and well-being. Participants will be able to experience what Reiki feels like during the workshop.

Instructor: Maddy Miller, BA, RMT*, Vida Nathanson, LCSW, RMT* (*Reiki Master Teacher)

3D. EXERCISING WITH SMARTBELLS – Experience a whole new way to exercise integrating stretching, yoga, tai chi, aerobics, and Smart bells. Smart bells are sculptural weights designed to conform to the shape of the body making it easier to help tone and stretch. Workout goals: building the mind/body connection, moving the chi energy and creating muscular endurance. Smart bells are ideal for everyone regardless of age, size or fitness levels and are fun to use, promote flexibility, range of motion, strength, vitality and zest for life! Please wear comfortable clothes and shoes. Smart bells will be provided for the class.

Instructor: Ujjala Schwartz, Certified Fitness Instructor and Health Educator

4D. WHAT'S IN YOUR CARDS? – 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

5D. LOST LIGHTHOUSES OF THE HUDSON – Stuyvesant, Cocksackie, Rockland Lake, Danskammer Point, Esopus Island, Crossover Dike – these are just a few of the “lost” lighthouses and lights of the Hudson River. Just eight Hudson River lighthouses now remain, but dozens once dotted the shores of the Hudson between Troy and New York City. Using primary sources like maps, newspaper articles, and historic photos, the instructor will share her research and that of many Hudson River Maritime Museum volunteers on these often unknown lights, their keepers, and what ultimately happened to the structures themselves.

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

6D. 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, identity 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

2019
Live, Laugh and Learn

9:00 – 10:15	10:30 – 11:45	12:45 – 2:00	2:15 – 3:30
1A. Can You Hear Me Now?	1B. Gut Health: Is My Gut Leaking?	1C. Bring a Spot of Sunshine in to your Home	1D. The Best Gifts Come from the Heart
2A. CBD: CBD's & CBD's	2B. Be a Tourist in Your Own Backyard	2C. Get Well and Stay Well	2D. The Healing Power of Reiki
3A. Living Healthy for Your Brain & Body	3B. Central Hudson Assistance Programs	3C. Get Your Legal House in Order	3D. Smart Bells
4A. Breast & Prostate Cancer Education	4B. Dance Cross Fitness for Boomers & Seniors	4C. Services for Seniors from the County Clerk	4D. What's in Your Cards?
5A. Help! I Need a Ride	5B. Writing Your Memories for Poetry & Prose	5C. Watch Out! Safe Walking Skills	5D. Lost Lighthouses of the Hudson
6A. Be Gentle on Yourself Meditation	6B. Medicare Q's & A's	6C. Exercising can be Fun – A Different Approach to Staying Fit	6D. Don't Be a Target



Live, Laugh and Learn 2019 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 Aging 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 7, 2019. 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 15, 2019**

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
(FEES ARE NON-REFUNDABLE)**

MAKE 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 _____

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

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

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

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

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

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

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

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

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

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