

Schuyler County Office for the Aging

Health and Wellness Programs



# Harvest

- Reap the benefits

**FALL 2010**

To Register: (607) 535-7108, or  
[ggasparro@co.schuyler.ny.us](mailto:ggasparro@co.schuyler.ny.us)

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[www.schuylercounty.us/aging](http://www.schuylercounty.us/aging)

“Service and Assistance for Seniors —Because  
You’ve Earned it!”



**WELCOME TO HARVEST FALL 2010**

We hope you find a class that fits your interests and helps you maintain a healthy lifestyle. Suggestions for future classes are always welcome.

To register, please call (607) 535-7108 or email [ggasparro@co.schuyler.ny.us](mailto:ggasparro@co.schuyler.ny.us). If you are registered for a class and are unable to attend, please call with advance notice. This helps us with planning, as well as being a courtesy to instructors.

Some classes are free, while others have a suggested donation (noted in class description). No one will be denied participation in a program due to an inability to pay the suggested donation.

All classes are held in the Silver Spoon Café unless otherwise noted. The Silver Spoon Café is located at the Schuyler County Human Services Complex at 323 Owego Street in Montour Falls, NY. The entrance to the Silver Spoon is on the north side of the building (the right side as you face the building) and the door is located under the middle green awning.

Inclement Weather Policy: The Office for the Aging’s Harvest Health and Wellness will not hold programs when our congregate meal site is closed. Listen to your local radio station for announcements.

### SCHEDULED CLASSES

**A Matter of Balance®** Instructor: Gina Gasparro  
**(Managing Concerns about Falls)** \*Registration required

Mondays, 1:30-3:30pm

October 4,18,25; November 1,8,15,22,29 (no class Oct. 11)

Silver Spoon Café

Suggested Donation: \$3/class

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This 8-week program emphasizes practical strategies to manage falls. You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

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### ONGOING CLASSES

#### Yoga

Instructor: Eleanor Liebson

Wednesdays, 4:30-5:45pm, Silver Spoon Café

Suggested Donation \$5/class

Beginners welcome! This class is for those 60+ who recognize the need to stay active and improve upon balance, flexibility, and strength. Please bring a mat, small pillow, blanket, and water. Instructor Eleanor Liebson, OTR/L, RYT, PYT-C, has been teaching yoga for two years following her completion of the Sivananda Yoga Teacher Training program and is an occupational therapist with 20 years experience helping people attain independence following injuries, stroke, joint replacement and other conditions.

#### Shoestrings

\* Registration required

The Watkins Glen High School is open for walking from 3:00-4:30pm on week days starting October 1.

This program runs through April 30 and is available when classes are in session. Please contact Gina Gasparro for more details, a map, or schedule.

#### Other OFA Services

- **Nutrition Services**

Delicious, well-balanced meals are served to individuals age 60 and over for a suggested donation of \$2.50. Visit one of 5 congregate meal sites - Hector, Burdett, Monterey, Montour Falls and Tyrone- or home-delivered meals are available for the homebound. Please call OFA for more information.

## ONGOING CLASSES, CONT.

### Open Swim

\* Registration required

Would you be interested in an open swim time at the Watkins Glen Central School District pool? We are considering offering a lifeguard-supervised Open Swim for Seniors on Mondays and Wednesdays from 3:00-4:30pm for the months of October through December. There will be a \$3 suggested donation per class; \$2.50 per class if you pay for the entire month. Please call OFA to indicate your interest, and inform us of any special needs you may anticipate (such as use of the lift chair into and out of the pool).

### Wii® Wednesdays

Wednesdays, 10:00-11:00am (except holidays)

Beginning October 20, in the Silver Spoon Café

Join the latest video game craze: Wii®. Nintendo's Wii allows you to experience participating in a variety of sports including golf, bowling, and tennis. Wii is good for those who would like to start being more active and have fun doing it! It is also ideal for those who may have stopped doing an activity because of injuries because you do not need to lift heavy equipment. With the aid of a remote control, you can simulate participation in popular sports and physical activities. Let us get you motivated. Tennis, anyone?

Let's plan to start with bowling, and the group will decide on other activities as we go along.



## PRESENTATIONS

### Intro to Tai Ji (Tai Chi)

\* Registration required

Paul Chatt

Tuesday, October 26, 2-3:30pm

Silver Spoon Café

Tai Ji is a Chinese system of slow meditative physical exercise designed for relaxation, energy balance and health.

Paul Chatt of Four Dragons Martial Arts will introduce you to this ancient exercise form, ideal for those wishing to start an exercise program that is low-impact and increases strength, balance, range of motion, posture, and relaxation.

### Other OFA Services

- **Health Insurance**  
Information, Counseling and Assistance Program (HIICAP). Provides information and assistance about Medicare and other health insurances. Trained staff and volunteers answer your questions. Call for an appointment.
- **Legal Services**  
Attorney services available for advice on legal issues such as POA needs, landlord/tenant disputes, Will, etc. Available by appointment only.

**PRESENTATIONS, CONT.**

**Introduction to Strength Training** \* Registration required

This is a two-part class: Thursday, Oct. 28 & Nov. 4  
4:00-5:00pm

Muscle strengthening exercises are a key part of a weekly exercise routine. Don't know where to start? Have special needs that you'd like addressed? Need help with how to operate the equipment?

Part I, 10/28, *at the Silver Spoon Cafe*: Come and join us and find ways of staying active and healthy as you age. A solid strength program can help with maintaining your bone density, balance and strength to keep you going. Tim Koba, Athletic Trainer/Strength Coach, works in the Department of Sports Medicine and Athletic Performance at Cayuga Medical Center.

Part II, 11/4: with Ralph Diliberto *at the Watkins Glen Schools' Field House*. Please wear appropriate clothing and footwear. You will be working on the Cybex machines, which are body-part specific. Ralph will help you modify your use of the machines to any particular challenges you may have. Ralph is the conditioning coach for the Watkins Glen Central School District. He has been involved in weight-lifting for 30 years and has 15 years of coaching experience. He and is interested in helping you find a routine that fits your needs and abilities.



**PRESENTATIONS, CON'T.**

**Diabetes: Part I—Nutrition** \* Registration required

The first in a series of educational programs for those with diabetes or pre-diabetes.

This class has two sessions:

Session 1: Monday, November 1, 10-11am - Grocery Store Tour

Join Anne Heist, OFA dietitian, for an around-the-aisles tour of Tops (P&C). Meet at the Silver Spoon entrance of the Human Services Building for van transportation. The van will be leaving promptly at 9:45am.

Session 2: Monday, November 8, 10-11am, Conf. Rm 120 Paddy Redihan, Cornell Cooperative Extension dietitian, will demonstrate healthy cooking techniques for people with diabetes. Tasty samples of grains and vegetable

Other OFA Services

- **Van Service**

Transportation is available for those without means. This includes grocery shopping, banking, hair appointments, agency appointments and more. Handicap-van service can also be arranged.

The RIDE program provides transportation to medical appointments. Please call OFA for more details.

## PRESENTATIONS, CON'T.

### Herbs and Alternative Medicine \* Registration required

Carolsue McCue  
Tuesday, November 16, 6:30-7:30pm  
Silver Spoon Café

A comprehensive introduction to prevention and healing with herbs, supplements and nutrition. The instructor will discuss how they work, which are safe and where to find what you need. You will learn how to fight infections and viruses, keeping your body safe from x-rays, herbs for anxiety, depression, alcohol and drug cravings plus other special circumstances. A large section on prevention of cancer with successful suggestions from the leading M.D./herbalist that the American Cancer Society is now sponsoring.

**This class in no way intends to supersede your doctor's instructions.**

#### Other OFA Services

- **Information & Assistance**
- **Personal Emergency Response System**
- **Caregiver's Loan Library –Books, Videos & DVD**
- **Weatherization Referral Assistance Program (WRAP)**
- **Phone Pal Program**
- **Safe Driver Course**
- **Recreation and Education**
- **Golden Glow Newsletter**
- **Medication Management Supplies**
- **Shopping Assistance**



## SUPPORT GROUPS

### Parkinson's Disease Support Group

Every third Thursday, 1:30-3:00pm (Call OFA for details)  
Silver Spoon Café.

The Finger Lakes Parkinson's Disease Support Group provides education and support to people with Parkinson's Disease and their care partner. A person with Parkinson's facilitates the group.

Benefits:

- Guest speakers including specialized health professionals
- Free literature
- DVD and book loan library
- Opportunity To Share Common Concerns and Therapies
- Socialization

#### Other OFA Services

##### • **In-Home Care Services**

Programs are available to provide non-medical in-home services to functionally impaired elderly who do not qualify for Medicaid. These services can assist clients with everyday activities that need to be completed for personal care as well as care of the home. Based on income guidelines, clients may be asked to pay a percentage of the cost of these services. Caregiver respite services and case management may also be provided, at no charge.



### **CONGREGATE MEALSITE PRESENTATIONS**

- Please call Nutritional Services at 535-7470 if you'd like to buy lunch.  
Age 60 and older = \$2.50 suggested donation; <60 yrs. = \$5 fee.

#### **Blood Pressure Clinics**

Free blood pressure clinics are held bi-monthly at each of OFA's congregate meal sites at 11am in cooperation with Schuyler County Public Health Dept.. Please call for a schedule, or consult a monthly menu!

#### **Council on Alcoholism & Addictions of the Finger Lakes**

The Council on Alcoholism & Addictions of the Finger Lakes strives to reduce alcohol and drug dependency, along with its human and financial costs, to our community through information, education and referrals.

Gretchen Silliman, Education Coordinator for Schuyler County, brings education programming to each of OFA's congregate meal sites. Gretchen's talks begin at 12noon. Some topics presented in this effort include: Medication Safety; Health & Wellness; Stress Reduction; Co-Dependency; specific information on alcohol, tobacco & other drugs and their effects.

#### **Other OFA Services**

- **Caregiver Support Program**

Assists informal caregivers – spouses, adult children, other family members, friends and neighbors – in their efforts to care for older persons who need help with everyday tasks. Because of the assistance they receive, these older persons with chronic illnesses or disabilities are able to remain in their homes and local communities, instead of being placed in residential facilities.

### **WALKING TRIPS ON THE CATHARINE VALLEY TRAIL**

Explore this local gem with two fall walking trips. Please dress according to the weather and bring a water bottle.

I. Join local Historian Gary Emerson for a 1-mile historic walk on the Catharine Valley Trail. Learn about the Chemung Canal, Chemung RR, the Sullivan-Clinton campaign, Queen Catharine Montour and Charles Cook. The group leaves from the Genesee Street trail head in Montour Falls off Route 14S (by the power station).

Saturday, September 18, 9am: the group will walk from Genesee Street to Cook Street and back, which is a 2-mile walk, or

Saturday, October 2, 9am: OFA will provide transportation from Cook Street back to Genesee Street, for a total of a 1-mile one way walk. Please call to reserve a seat.

II. Want a real taste of hiking the CVT? Join OFA's Health Promotions coordinator Gina Gasparro as we walk the Catharine Valley Trail from Millport to Montour Falls. (Please note: this is nearly a 5-mile hike.)

Friday, October 1 (Rain Date: Friday, October 8)

**\* Registration required**

We will meet at the Human Services Complex and be transported by van to the trailhead in Millport. The van will leave at 9:00am sharp, so please be prompt. Walk at your own pace, but please plan to finish the walk in no more than 2 hours.