



ALBANY GUARDIAN SOCIETY :

: EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE



Fall 2018 Catalog





ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE

Fall 2018 Catalog

The Albany Guardian Society 2018 Fall Institute semester offers programs in the following broad categories:

- Caregiving
- Community Engagement
- Health + Wellness
- Housing
- Legal
- Professional Development
- Technology

These categories offer a variety of selections on topics of importance to a wide audience. Access to the Institute's catalog and class registration can be found on the Albany Guardian Society website at www.albanyguardiansociety.org.

To register online, simply press the "Register Button" next to the course description and complete the registration form. If you are unable to complete the online registration, please contact Albany Guardian Society.

There is no cost to attend these programs, however, registration is required for each course you wish to attend. If you have any questions regarding the Institute or are unable to attend a class once you have registered, please call Albany Guardian Society at 518-434-2140 or email ags@albanyguardiansociety.org.

SEPTEMBER

Sept
10

TECHNOLOGY OVERVIEW: WHAT ARE THEY TALKING ABOUT?

In this primarily demonstrative session, learn about technology terms, and what they all mean and how they work. Participants are welcome to bring their tablets and/or phones to this session. This session will set the foundation for subsequent sessions.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 10, 2018
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
10

TECHNOLOGY OVERVIEW: WHAT ARE THEY TALKING ABOUT?

In this primarily demonstrative session, learn about technology terms, and what they all mean and how they work. Participants are welcome to bring their tablets and/or phones to this session. This session will set the foundation for subsequent sessions.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 10, 2018
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
11

SENIOR FRAUDS, SCAMS, AND CYBERSECURITY

A discussion on how to avoid scams, frauds, and identity theft that target senior citizens. Internet safety and security will also be covered.

- **Presenters:** John Van Voris, Senior Consumer Frauds Representative, New York State Attorney General's Office and Eleonora Morrell, Training and Development Specialist, MicroKnowledge, Inc.
- **Date:** Tuesday, September 11, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
12

DOWNSIZING AND ORGANIZING FOR SENIORS

Whether moving to a new home or just wanting to pare down, choosing what to keep with a lifetime's worth of possessions can feel overwhelming. Some alternative ways of thinking can help. This session will cover the stress-free way of downsizing or preparing to move.

- **Presenter:** Flo McDonough, Owner, Organize Senior Moves
- **Date:** Wednesday, September 12, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

SEPTEMBER

Sept
17

USING AN IPAD - "THEY GAVE ME THIS AND I DON'T KNOW WHAT TO DO WITH IT!" - Apple Class

iPads are increasingly becoming a convenient tool for seniors to access books and movies, visit websites, take pictures, email, communicate via video, use social media, and more. This course will help first time users become comfortable using their iPads. Learn about iPad terminology, parts of the iPad, interacting with the touch screen using gestures and modifying settings. We will also explore apps and camera basics. Participants are welcome to bring their iPad.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 17, 2018
- **Time:** 12:30 p.m. - 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
17

USING A TABLET - "THEY GAVE ME THIS AND I DON'T KNOW WHAT TO DO WITH IT!" - Android Class

Tablets are increasingly becoming a convenient tool for seniors to access books and movies, visit websites, take pictures, email, communicate via video, use social media, and more. This course will help first time users become comfortable using their tablets. Learn about tablet terminology, parts of the tablet, interacting with the touch screen using gestures and modifying settings. We will also explore apps and camera basics. **(Kindle Fire is not covered in this class.)** Participants are welcome to bring their Android tablet.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 17, 2018
- **Time:** 2:30 p.m. - 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
24

COMMUNICATION BY EMAIL, TEXTING AND VIDEO - Apple Class

In this session, you will learn to communicate using your iPad and/or iPhone. You will learn about email, text messaging and more. Participants are welcome to bring their Apple smartphones or iPad.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 24, 2018
- **Time:** 12:30 p.m. - 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

SEPTEMBER

Sept
24

COMMUNICATION BY EMAIL, TEXTING AND VIDEO - Android Class

In this session, you will learn to communicate using a tablet and/or smartphone. You will learn about email, text messaging and more. Participants are welcome to bring their Android tablet or smartphones. (Kindle Fire is not covered in this class.)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, September 24, 2018
- **Time:** 2:30 p.m. - 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
25

NAVIGATING THE MAZE OF AVAILABLE SENIOR SERVICES

Are you a senior, caregiver, or professional working with the elderly, and would like to learn about services and organizations that are available to help you? This program will touch on transportation, meals on wheels, respite, income-based programs, and other senior services that will help you understand the options available.

- **Presenter:** Sara Riggins, MSW, Community Care Manager, Senior Services of Albany
- **Date:** Tuesday, September 25, 2018
- **Time:** 9:30 a.m. - 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

Sept
25

GIZMOS & GADGETS: HANDY DEVICES TO HELP SENIORS REMAIN INDEPENDENT

Learn about products and devices that can help people as they age. This program will demonstrate many useful tools and products to help older adults remain independent.

- **Presenter:** Sara Riggins, MSW, Community Care Manager, Senior Services of Albany
- **Date:** Tuesday, September 25, 2018
- **Time:** 12:00 p.m. - 1:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

SEPTEMBER

Sept
27

KNOW THE TEN WARNING SIGNS OF ALZHEIMER'S DISEASE: EARLY DETECTION MATTERS

The warning signs of Alzheimer's disease are often dismissed as inevitable parts of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection is the key to improving quality of life for anyone affected by memory impairment. Attend this interactive workshop to learn the ten warning signs of Alzheimer's disease, where we separate myth from reality and address commonly-held fears about Alzheimer's and dementia. Find out how to recognize the signs of these diseases in yourself and others.

- **Presenter:** Shannon Lawler, LMSW, Director of Programs & Services, Alzheimer's Association of Northeastern New York
- **Date:** Thursday, September 27, 2018
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Sept
27

AGING-IN-PLACE: MODIFYING, ORGANIZING, AND DECLUTTERING YOUR HOME

Lynda Shrager will discuss her new book, *Age in Place: A Guide to Modifying, Organizing & Decluttering Mom and Dad's Home* that will give a practical step-by-step guide to simple modifications that can help seniors make their homes safer and easier to navigate. Lynda's newly published book was highlighted in several publications, including the New York Times.

- **Presenter:** Lynda Shrager, OTR, MSW
- **Date:** Thursday, September 27, 2018
- **Time:** 1:00 p.m. – 3:00 p.m.
- **Location:** **Guilderland Public Library, 2228 Western Ave., Guilderland, NY**
(See directions below)

OCTOBER

Oct
1

USING A SMARTPHONE - Apple Class

Learn how to use your iPhone to make a phone call, send text messages, send emails, set reminders, manage your calendar, and even take pictures. Participants are welcome to bring their iPhone.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 1, 2018
- **Time:** 12:30 p.m. - 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
1

USING A SMARTPHONE - Android Class

Learn how to use your smartphone to make a phone call, send text messages, send emails, set reminders, manage your calendar, and even take pictures. Participants are welcome to bring their smart phone.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 1, 2018
- **Time:** 2:30 p.m. - 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
8

USING THE INTERNET ON YOUR IPAD OR IPHONE - Apple Class

Learn about the internet and how to find information you are looking for, share your search results, go back to a favorite site, and more. Please bring your Apple devices to class.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 8, 2018
- **Time:** 12:30 p.m. - 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
8

USING THE INTERNET ON YOUR TABLET OR SMARTPHONE - Android Class

Learn about the internet and how to find information you are looking for, share your search results, go back to a favorite site, and more. Please bring your Android devices to class. **(Kindle Fire is not covered in this class.)**

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 8, 2018
- **Time:** 2:30 p.m. - 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

OCTOBER

Oct
9

PRE-PLANNING YOUR FUNERAL: THINGS TO CONSIDER

Funerals do not have to be organized in a hurry by grieving relatives. This class will present an in depth look at the multitude of choices and options that are available to pre-arrange your funeral. Discussion topics will include veteran's benefits, cremation and burial options, Medicaid spend down requirements, detailed costs and the peace of mind that is the primary benefit of pre-arranging.

- **Presenters:** John Cannon and Glenn Ward, Funeral Directors and Co-owners, Cannon Funeral Home
- **Date:** Tuesday, October 9, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
10

TEN LEGAL AND FINANCIAL KEYS TO AFFORD LONG-TERM CARE

Take control of your future by learning strategies to remain independent and financially secure as health changes. This workshop will empower you or a loved one to 'age in place' with step-by-step tips on protecting retirement assets, reducing taxes, insuring the risk of long-term care and planning for Medicaid eligibility. Find out how to plan for the 'unexpected' and analyze options for care. Also covered will be care management using in-home technologies and professional care managers to lower cost and reduce the burden on caregivers.

- **Presenters:** Louis W. Pierro, Esq., Pierro, Connor & Strauss, and Bob Vandy, President, Advisors Insurance Brokers
- **Date:** Wednesday, October 10, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
10

DIABETES 101

This workshop will provide an overview of the mission of the American Diabetes Association and will share important statistics regarding diabetes. This session geared toward seniors will give participants an in-depth understanding of what pre-diabetes is, including the symptoms, risk factors, and how it is diagnosed. Finally, by the end of the presentation, participants will have learned prevention strategies to improve their overall health.

- **Presenter:** Nicole DeCelle, Director, American Diabetes Association
- **Date:** Wednesday, October 10, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

OCTOBER

Oct
11

UNDERSTANDING MEDICARE AND THE EPIC PROGRAM

This program will cover everything you need to know about Medicare (and more) including: Medicare Part A and Part B, Medigap/Medicare Supplement Insurance, Medicare Advantage/Medicare Health Plans, Medicare Part D prescription drug coverage (including Extra Help/Low Income Subsidy), EPIC and the Medicare Savings Programs. Understand your Medicare options for 2019 in time for the Fall Annual Enrollment Period.

- **Presenter:** Eric Hausman, Independent Consultant
- **Date:** Thursday, October 11, 2018
- **Time:** 9:00 a.m. – 12:00 p.m.
Registration and Continental breakfast begins at 8:30am
- **Location:** Carondelet Hospitality Center, 385 Watervliet-Shaker Rd., Latham, NY
(See directions below)

Oct
12

BRAIN HEALTH

Research suggests that lifestyle choices may have a more profound impact on brain health than was previously thought. The combination of good nutrition, physical activity, mental stimulation, not smoking, and a varied social network for significant personal interactions all contribute to improved brain health. Learn specific activities to improve your brain health.

- **Presenter:** Richard Holub, M.D., Neurological Associates of Albany, PC
- **Date:** Friday, October 12, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
15

FACEBOOK AND SOCIAL MEDIA: WHAT IN THE WORLD IS FACEBOOK? - Apple Class

This demonstration session will guide you through understanding Facebook and why you would use it, creating an account, and even creating your first post. Sharing photos, video links, status updates and much more will be covered along with other social media tools. Please bring your Apple iPhone or iPad to class.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 15, 2018
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

OCTOBER

Oct
15

FACEBOOK AND SOCIAL MEDIA: WHAT IN THE WORLD IS FACEBOOK? - Android Class

This demonstration session will guide you through understanding Facebook and why you would use it, creating an account and even creating your first post. Sharing photos, video links, status updates and much more will be covered along with other social media tools. Please bring your smartphone or tablet to class. (Kindle Fire is not covered in this class.)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, October 15, 2018
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
17

WILLS, HEALTH CARE PROXIES, LIVING WILLS, AND MOLST

A discussion on important legal documents: (1) Wills that provide directions for what happens to certain assets at the time of a person's death; (2) Health Care Proxies, Living Wills, and the newer MOLST document which allows the signer to plan in advance for health care decisions if the signer can no longer make his/her own decisions; and (3) What happens if a person has not signed these documents.

- **Presenter:** Michelle Wildgrube, Esq., Cioffi, Slezak, Wildgrube, PC
- **Date:** Wednesday, October 17, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
18

HEALTHY AGING: THE ANATOMY OF CHANGE

The first part of this presentation will review the normal anatomy and physiology of aging, including cognition, changes in organ function, and response to medications. The second part will review the evidence for the ability of exercise and dietary choices to slow down and improve the aging process.

- **Presenter:** Rebecca Stetzer, M.D., Albany Stratton VA Medical Center, Dept. of Geriatrics
- **Date:** Thursday, October 18, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

OCTOBER

Oct
18

MEMOIR WRITING WORKSHOP: PART I

Everyone has a story to tell. But how to begin? In this two-part workshop you will have fun getting started writing and revising your memoir. In the process, you will learn what makes writing “work” for both writer and reader. Come prepared to learn and share. Limited to 15 participants.

**This is a 2-part series, please call to register for both dates. (Part II is on October 25, see below)
Must commit to both sessions.**

- **Presenter:** Judith Fetterley, Emeritus Distinguished Teaching Professor of Writing and Literature, SUNY Albany
- **Dates:** Thursdays, October 18 and October 25, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
19

AT THE SENIOR EXPO, CROSSGATES MALL

INTRODUCTION TO TECHNOLOGY DEVICES

What is the difference between an iPod and an iPad? What is a Smartphone? So many devices in this new world of technology! Learn what device is best for you and how you can harness the power of technology and use it to your best advantage. This class will cover device options, communication methods, and more.

- **Presenter:** Eleonora Morrell, MicroKnowledge, Inc.
- **Date:** Friday, October 19, 2018
- **Time:** 12:15 p.m. – 1:00 p.m.
- **Location:** Senior Expo, Crossgates Mall, 1 Crossgates Mall Rd., 1st Floor, Guilderland, NY (See directions below)

Oct
19

AT THE SENIOR EXPO, CROSSGATES MALL

AGING IN PLACE: YOUR HOME FOR YOUR LIFETIME

Older adults often express a desire to age-in-place. What does this mean and how can we accomplish this? Learn about simple steps you can take that will make your home safe and comfortable and help you maintain your independence.

- **Presenter:** Lauren Harrington, Umbrella Director, Colonie Senior Service Centers, Inc.
- **Date:** Friday, October 19, 2018
- **Time:** 1:15 p.m. – 2:00 p.m.
- **Location:** Senior Expo, Crossgates Mall, 1 Crossgates Mall Rd., 1st Floor, Guilderland, NY (See directions below)

OCTOBER

Oct
25

MEMOIR WRITING WORKSHOP: PART II

Everyone has a story to tell. But how to begin? In this two-part workshop you will have fun getting started writing and revising your memoir. In the process, you will learn what makes writing “work” for both writer and reader. Come prepared to learn and share. Limited to 15 participants.

This is a 2-part series, please call to register for both dates. Must commit to both sessions.

- **Presenter:** Judith Fetterley, Emeritus Distinguished Teaching Professor of Writing and Literature, SUNY Albany
- **Date:** Thursday, October 25, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
30

IT'S AN ALL NEW LIBRARY

Did you know your local public library offers so much more than your favorite mystery novels these days? This session will give you an overview of free innovative digital services that are available at libraries today, including OverDrive for eBooks and digital audiobooks; Flipster for digital magazines; Ancestry for genealogy research; Mango to learn a new language; and even a mobile app to manage your library account on the go. Libraries also lend unique materials like fishing poles, cake tins, video cameras, telescopes, and more! This class will cover libraries in Albany and Rensselaer counties only.

- **Presenter:** Deanna DiCarlo, Manager, Adult & Outreach Services, Upper Hudson Library System
- **Date:** Tuesday, October 30, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Oct
30

HOSPITAL PATIENT RIGHTS: UNDERSTANDING AND SURVIVING NEW POLICIES FOR ADMISSIONS, DISCHARGES, AND OBSERVATION STATUS AND HOW TO PROTECT YOUR RIGHTS

It is important for older persons and caregivers to know about patients' rights. Participants will learn how to appeal a premature discharge or file a complaint about quality of care or a patient safety problem. This class will include information on the new Medicare Outpatient Observation Status Notice requirements. Tools will be provided to help participants compare the quality of hospitals, doctors, nursing homes, or home care providers to select the best one to meet their needs.

- **Presenter:** Marcus Harazin, M.S., Coordinator, New York Statewide Senior Action Council Inc.
- **Date:** Tuesday, October 30, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

NOVEMBER

Nov
1

HEALTHY AGING: PILLS FOR PRIMARY PREVENTION

With the goal of staying healthy and aging well, many people turn to pharmaceuticals, either on their own or from their doctor. This discussion will review the evidence for vitamins and many popular supplements, as well as the role of aspirin, statins and blood pressure control for the primary prevention of cardiovascular disease.

- **Presenter:** Rebecca Stetzer, M.D., Albany Stratton VA Medical Center, Department of Geriatrics
- **Date:** Thursday, November 1, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
1

FROM STRESSED TO SERENE - HOW TO HAVE A MINDFUL HOLIDAY

While most of us don't have a "Hallmark Card" kind of life, it is within our reach to have a happy holiday season. In this session we will take a look at the stress-cycle, identify stress triggers, and practice simple techniques to bring more joy to the season. Join us for a gift that keeps on giving!

- **Presenter:** Judith England, RN, Health Educator, Kripalu Yoga Instructor
- **Date:** Thursday, November 1, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd, Suite 102, Albany, NY

Nov
6

POWERS OF ATTORNEY, CAPACITY ISSUES, AND GUARDIANSHIP

What can be done when a person can no longer make his/her own decisions: A discussion on planning in advance for potential loss of decision making capacity by signing a power of attorney, assessments of capacity, and what happens if no advance planning has been done and loss of capacity occurs – the guardianship process.

- **Presenters:** Margaret Vella, Esq. and Aaron Carbone, Esq., Vella, Carbone & Associates, LLP
- **Date:** Tuesday, November 6, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

NOVEMBER

Nov
7

HOUSING FOR OLDER ADULTS: LIVE WHERE YOU WANT TO LIVE

Where we live is so important to our health and happiness. To age-in-place we need to have a good understanding of our housing options. Unravel the mysteries of senior housing and learn how you and your loved ones can make the best choices in senior housing. This program will provide practical information about senior housing options, things to consider as you think about housing, and how to start the conversation.

- **Presenters:** Beth Burdgick, Executive Director, Glen Eddy and Jill McLellan Phelps, Director, DePaul Housing Management
- **Date:** Wednesday, November 7, 2018
- **Time:** 9:30 a.m. – 12:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
8

REIMAGINE YOUR LIFE THROUGH VOLUNTEERING

Consider how volunteer service might fit your next chapter in life. Volunteering takes many forms, opens new doors, helps others, strengthens communities and enriches your life. Explore a myriad of opportunities through RSVP and learn about Community Caregivers and its innovative volunteer service model.

- **Presenters:** Michael Snyder, Volunteer/RSVP Program Director, Colonie Seniors RSVP and Linda Miller, Outreach and Education Specialist, Community Caregivers
- **Date:** Thursday, November 8, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
14

GET HELP FROM TECH SAVVY TEENS

High school students from the Bethlehem Central Student Help Desk will be on hand to give one-on-one tutoring and assistance with your technology questions for whatever device you bring. *Sessions will be for approximately 45 minutes.* These tech savvy students will be able to answer questions, demonstrate use, and give handy tips. Each user should bring his/her user names and password for every device they bring.

- **Please call Albany Guardian Society at 518-434-2140 to register.**
- **Date:** Wednesday, November 14, 2018
- **Time:** 9:30 a.m. – 12:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

NOVEMBER

Nov
15

THE VILLAGE MOVEMENT IN THE CAPITAL REGION

The “Village” movement was founded with the idea of “neighbors helping neighbors” with the goal of seniors remaining independent in their homes. Villages are membership-driven, grassroots, nonprofit organizations run by volunteers and/or paid staff that coordinate access to a variety of services including transportation, home repairs, and social events. Learn how and where Villages are being developed in the Capital Region.

- **Presenter:** Ken Harris, Executive Director, Albany Guardian Society
- **Date:** Thursday, November 15, 2018
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
27

COPING WITH GRIEF AND LOSS

The only constant in life is change, and the process of aging includes both death-related and non-death losses. If you are interested in learning about common reactions to loss and factors that influence how people deal with grief, come to this presentation to gain information that may help you to cope with the losses in your own life or help you to support family members or friends who are grieving. Myths about grief will be debunked and strategies to cope with loss will be discussed.

- **Presenter:** Carla Sofka, Ph.D., MSW, Professor of Social Work, Siena College
- **Date:** Tuesday, November 27, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
28

EATING WITH THE SEASON

Fall in New York offers plenty of delicious food possibilities! This class will introduce meal and drink options using some fruits and vegetables from the Fall harvest. Participants will also be taking part in the preparation, cooking, and tasting of the autumn inspired recipes.

- **Presenter:** Capital Roots
- **Date:** Wednesday, November 28, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Hannaford Store, 900 Central Ave., Albany, NY
(See directions below.)

NOVEMBER

Nov
29

BONING UP ON OSTEOPOROSIS

Osteoporosis and fractures can greatly impact a person's life. BOTH women and men do lose bone density as they age. Join us to learn about bones, calcium, fracture prevention, and osteoporosis medications. Let's keep our bones strong.

- **Presenter:** Mary Pat Roy, M.D., Endocrinology, Diabetes & Metabolism, Stratton VA Medical Center
- **Date:** Thursday, November 29, 2018
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Nov
29

WHAT TO THINK ABOUT WHEN CHOOSING A NURSING HOME: HOW TO MAKE THE RIGHT CHOICE!

Choosing a nursing home for a family member is one of the most difficult decisions we have to make, and it is often made without any preparation, guidance or information. This presentation will focus on the resources available to assist an individual in choosing a nursing home, the observations that should be made, and the questions that should be asked in determining if this is the right choice for your loved one.

- **Presenter:** Elliott Frost, ProCare Consultant, LeadingAge New York
- **Date:** Thursday, November 29, 2018
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

DIRECTIONS

To:

Albany Guardian Society

14 Corporate Woods Blvd., Suite 102

Albany, NY 12211

518-434-2140

From the North:

- Travel south on I-87. Take the I-90E / I-87S / I-90W exit, Exit 1, towards Albany/Boston/New York/Buffalo.
- Keep left at fork in the ramp to go to I-90 East.
- Stay straight to go onto ramp. Merge onto I-90 East.
- Take Corporate Woods Blvd. exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left, (look for the #14 sign) turn left into parking lot of 14 Corporate Woods Blvd.

From the South:

- Travel north on New York State Thruway. Take Exit 23 (I-787 / US 9W) towards Albany/Troy.
- Keep left at the fork in the ramp and merge onto I-787 North.
- Take I-90 exit, Exit 5, towards Buffalo/Boston.
- Keep left at the fork in the ramp (to west – Buffalo).
- Merge onto I-90, traveling west.
- Take Corporate Woods Blvd. exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left (look for the #14 sign) turn left into parking lot of 14 Corporate Woods Blvd.

From the East:

- Travel west on I-90 to Corporate Woods Blvd. exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left (look for the #14 sign) turn left into parking lot of 14 Corporate Woods Blvd.

From the West:

- Travel east on New York State Thruway to Exit 24. Follow signs for I-90 East.
- Travel I-90 East to Corporate Woods Blvd. exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left (look for the #14 sign) turn left into parking lot of 14 Corporate Woods Blvd.

DIRECTIONS

To:

Carondelet Hospitality Center

385 Watervliet Shaker Rd.

Latham, NY 12110

518-783-3536

From the North:

- Take I-87S/Northway to Exit 6 W-7 E for NY-2 W toward Watervliet.
- Continue on NY-2 E/NY-7 E. (Continue to follow NY-2 E.)
- At the traffic circle, take the 2nd exit and stay on NY-2E.
- Turn right onto Delatour Rd.
- Turn right at Carondelet Dr. (up a steep hill)

From the NYS Thruway Exit 24:

- Take I-87 N/Northway to Exit 6.
- Take Route 2 East for a little over two miles, crossing Route 9 traffic circle and take the 2nd exit and stay on NY-2 E.
- Turn right onto Delatour Rd.
- Turn right at Carondelet Dr. (up a steep hill)

DIRECTIONS

To:

Crossgates Mall

1 Crossgates Mall Rd.
Guilderland, NY
518-869-3522

From 87 North:

- Take 87 S to the Crossgates Mall Rd. exit.
- Turn slight left onto Crossgates Mall Rd.
- 1 Crossgates Mall Rd. is on the right.

From the Thruway (87 South):

- Take Exit 1S toward US-20/Western Ave.
- Merge onto Adirondack Northway S.
- Take the Crossgates Mall Rd. exit.
- Turn slight left onto Crossgates Mall Rd.
- 1 Crossgates Mall Rd. is on the right.

From I 90 West:

- Merge onto I-90 W.
- Take Exit 1S toward US-20/Western Ave.
- Merge onto Adirondack Northway S.
- Take the Crossgates Mall Rd. exit.
- Turn slight left onto Crossgates Mall Rd.
- 1 Crossgates Mall Rd. is on the right.

DIRECTIONS

To:

Guilderland Public Library

2228 Western Ave.

Guilderland, NY 12084

518-456-2400

From the North:

- Take the Adirondack Northway south to Exit 1S Western Ave./Route 20 exit.
- Make a right onto Western Ave.
- Follow Western Ave. for 3.3 miles and then make a left onto Mercy Care Lane.
- Library parking is on your left.

From the South:

- Take I-87 (New York State Thruway) north to Exit 24.
- Merge onto I-87 N/I 90 East towards Albany/Montreal.
- Take Exit 1S toward Western Ave. /Route 20.
- Turn right onto Western Ave./Route 20. (Western Ave. is at the end of the ramp.)
- Follow Western Ave. for 3.3 miles and then make a left onto Mercy Care Lane.
- Library parking is on your left.

From the City of Albany:

- The Library is on Western Ave. (Route 20), one mile west of the intersection of Routes 155 and 20.
- Make a left onto Mercy Care Lane, which is a short distance past the traffic light at the entrance to Guilderland Elementary School.
- Library parking is on the left.

From the West:

- The Library is on Western Ave. (Route 20), approximately one mile east of the intersection where Route 146 diverges south off of Route 20 at a Stewart's Shop.
- Make a right onto Mercy Care Lane.
- Library parking is on your left.

DIRECTIONS

To:

Hannaford Store

Hannaford Plaza
900 Central Ave.
Albany, NY 12206
518-438-7296

From the North:

- Take I-87 S.
- Take Exit 2E to merge onto NY -5E/Central Ave.
- Go approximately 3 miles and 900 Central Ave. will be on the right.

From the South:

- Take I-87 N.
- Follow I-87N/New York State Thruway and I-90 E to Everett Rd. in Albany.
- At the end of Everett Rd. turn right onto Central Ave (stay in the left lane) for approximately 1000 feet.
- 900 Central Ave. is on the left.

From the West:

- Take 1-90 E to Exit 5 for Everett Rd.
- Turn right onto Everett Rd.
- Continue on Everett Rd.
- At the end of Everett Rd. turn right onto Central Ave (stay in the left lane) for approximately 1000 feet.
- 900 Central Ave. is on the left.

From the East:

- Take 1-90 W to Exit 5 for Everett Rd.
- Turn left onto Everett Rd.
- Continue on Everett Rd.
- At the end of Everett Rd. turn right onto Central Ave (stay in the left lane) for approximately 1000 feet.
- 900 Central Ave. is on the left.



ALBANY GUARDIAN SOCIETY

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