

ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY
INSTITUTE

Summer 2016 Catalog



ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE

Summer 2016 Catalog

Welcome to the Albany Guardian Society Institute. Our Summer 2016 semester offers programs in the following broad categories:

- Caregiving
- Consumer Interest
- Legal
- Professional Development
- Technology

These categories offer a variety of selections on topics of importance to a wide audience. Please scroll down to see all of the Institute's offerings for Summer 2016. Access to the Institute's catalog can be found on the Albany Guardian Society website at www.albanyguardiansociety.org.

There is no cost to attend our programs; however, registration is required for each course you wish to attend. To register, simply press the "Register Button" next to the course description and complete the registration form. If you are unable to complete an online registration, please contact Albany Guardian Society and we will provide assistance.

If you have any questions regarding the Institute or are unable to attend a course once you have registered, please contact Albany Guardian Society at 518-434-2140 or e-mail us at director@albanyguardiansociety.org.

Start times for the summer morning classes is 9:30 a.m.



EDUCATION
ALBANY GUARDIAN SOCIETY

28 What in the World is a Facebook?

Facebook is one of the most used social networking sites in the world. Facebook lets you share photos, videos, links, status updates, and much more with your friends. This session will guide you through understanding Facebook and why you would use it, creating an account, and even creating your first post. A discussion of other social media tools will also be covered.

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
 - **Date:** June 28, 2016
 - **Time:** 9:30 a.m. – 11:00 a.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
-

28 Effectively Using Your iPad (Beginner)

The iPad is increasingly becoming a convenient tool for seniors to access movies, websites, take pictures, email, FaceTime, use social media, and more. This course will help first-time users become comfortable using their iPad. Learn about iPad terminology, various parts of the iPad, interacting with the iPad touch screen using gestures, and modifying settings. Explore some of the iPad apps and camera basics. (Apple ID may be needed.)

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
 - **Date:** June 28, 2016
 - **Time:** 1:30 p.m. – 3:00 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
-

29 Eldercare GPS: Navigating the Maze of Available Services

Are you a caregiver, or professional working with the elderly, and would like to learn about services that may help you care for your loved one? This program will tell you about the services and the organizations that can help you.

- **Presenter:** Gretchen Moore Simmons, Community Care Manager, Senior Services of Albany, Albany, NY
- **Date:** June 29, 2016
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

29 **Gizmos & Gadgets: Handy Devices to Help Caregivers**

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

- **Presenter:** Gretchen Moore Simmons, Community Care Manager, Senior Services of Albany, Albany, NY
- **Date:** June 29, 2016
- **Time:** 12:00 p.m. – 1:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

30 **Gardening for Happy Plants and a Healthy Garden**

Learn about increasing your annual yield, maintaining plant health, and eliminating unwanted pests from your garden through intermediate gardening techniques. Class content will cover soil health, plant friends and enemies (companion planting), getting the most of your growing season through succession planting, and the annual crop rotation of the plant families. Increase your gardening knowledge by learning natural techniques for a more healthy and happy garden!

- **Presenter:** Katie Doyle, Capital Roots, Troy, NY
- **Date:** June 30, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Capital Roots, 594 River Street, Troy, NY * (*Directions are at the end of document*)

6 Wills, Health Care Proxies/Living Wills, 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, that allow 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 H. Wildgrube, Esq., Cioffi, Slezak, Wildgrube, PC, Niskayuna, NY
 - **Date:** July 6, 2016
 - **Time:** 1:30 p.m. – 3:30 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
-

7 Assisting Hearing Technologies on iPad and iPhone

At this workshop, you'll learn more about the features on iPad and iPhone that assist people who are deaf or hard of hearing. Learn how to enjoy movies, videos, and podcasts using captions and mono audio, and explore how the Messages app and vibrating alerts and more make it easier to communicate.

- **Presenter:** Clea Stagnitti, Apple Certified Instructor
 - **Date:** July 7, 2016
 - **Time:** 9:30 a.m. – 11:30 a.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
-

11 Writing Your Life Story

Everyone has a story to tell, a unique and fascinating life worth sharing. Memoir is a popular and fast-growing literary genre. But for many people who are not seasoned writers, the problem lies in getting started. In this practical, hands-on two-hour workshop on memoir writing, journalist-teacher-author Paul Grondahl will lead participants through a fun and useful program. The course will include analyzing memoir excerpts, sharing life experiences, writing exercises and critiquing each other's work. The oft-quoted writing advice to "write what you know" is at the core of memoir writing. This workshop will provide you with tips and techniques you can use to get yourself started on writing your life story, a gift of incalculable value to your children, grandchildren, and future generations of your family.

- **Presenter:** Paul Grondahl, Albany Times Union, Albany, NY
- **Date:** Monday, July 11, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

12 Effectively Using your iPad (Intermediate)

Are you ready to learn more about your iPad? Learn how to read books, listen to music, and use FaceTime. Explore the App Store and download some popular apps. Learn how to organize your iPad screens, type using a virtual keyboard, and additional gestures. (Apple ID may be needed.)

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** July 12, 2016
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

14 Hospital Patient Rights: Understanding and Surviving New Policies for Admissions, Discharges, and Observation Status and How to Protect Your Rights

Older persons, caregivers and senior service professionals all need to be aware of the recent Medicare policies that may affect their hospital admission status and possibly Medicare coverage of needed follow-up rehabilitation care. New policies are resulting in many hospital patients being routinely placed into observation status rather than being admitted as “inpatients” that could result in Medicare not paying for the hospital stay.

Learn your rights as a hospital patient in New York State and learn how to file an appeal related to quality of care, discharge decisions or patient safety problems. Participants will receive tools to help them properly prepare for a hospital stay and avoid unnecessary hospital re-admissions.

- **Presenter:** Marcus Harazin, M.S., Coordinator, New York Statewide Senior Action Council Inc., Albany, NY
- **Date:** July 14, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

19 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 these diseases in yourself and others.

- **Presenter:** Maura Fleming, Program Manager, Alzheimer’s Association of Northeastern New York
- **Date:** July 19, 2016
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

20 **Cooking and Storing the Garden's Bounty (Mid-Summer)**

This class will help gardeners utilize their garden harvest especially when the amount is overwhelming. The class will introduce simple and easy recipes that create healthy garden fresh meals for families to enjoy. It will include instructional demonstrations on your mid-early season harvest. Tips for preserving produce freshness will be shared as well as ideas on the best storing techniques for specific vegetables. Enjoy the healthy eating of the summer garden all year long with the help of this class.

- **Presenter:** Katie Doyle, Capital Roots, Troy, NY
- **Date:** July 20, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Capital Roots, 594 River Street, Troy, NY * *(Directions are at the end of document)*

26 **Effectively Using Your Tablet (Galaxy or Android) (Intermediate)**

Are you ready to learn more about your tablet? Learn how to read books, listen to music, and use HangOuts. Explore the Google Play Store and download some popular apps. Learn how to organize your tablet's screens, type using a virtual keyboard and additional gestures. (Gmail ID may be needed.)

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** July 26, 2016
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

28 **Powers of Attorney, Capacity Issues, Guardianship**

What to do 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 Z. Reed, Esq., and Margaret A. Vella, Esq., Reed and Vella, LLP, Delmar, NY
- **Date:** July 28, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

DIRECTIONS

Albany Guardian Society

14 Corporate Woods Boulevard, Suite 102

Albany, New York 12211-2523

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 Boulevard exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left, turn left into parking lot of 14 Corporate Woods Boulevard.

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 Boulevard exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left, turn left into parking lot of 14 Corporate Woods Boulevard.

From the east:

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

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 Boulevard exit, Exit 5A.
- Go through traffic light at end of exit ramp and at third driveway on the left, turn left into parking lot of 14 Corporate Woods Boulevard.

DIRECTIONS

Capital Roots

594 River St.
Troy, NY 12180

From the north:

- Take I-87, the Adirondack Northway, South to Exit 7 East. Get on Route 7 headed Eastbound, toward Troy/Bennington. Follow the directions to the Urban Grow Center (below)

From the south:

- Take I-87, the New York State Thruway, North to Exit 23. At Exit 23, get on I-787 North. Take exit 9E for NY-7 East toward Troy/Bennington. Follow the directions to the Urban Grow Center (below)

From the east:

- From I-90 (Massachusetts Turnpike, Berkshire Spur of the New York Thruway), take Exit B1, toward Albany. Continue East (13.5 miles) to the exit 23 for I-787. Take I-787 North to exit 9E for NY-7 East. Follow the directions to the Urban Grow Center (below)

From the west:

- Take I-90, the New York State Thruway, to Exit 24. From Exit 24, continue straight onto I-90 East. Take exit 6A onto I-787 North, towards Troy. Take I-787 North to R exit 9E for NY-7 East. Follow the directions to the Urban Grow Center (below)

Urban Grow Center from NY-7E

Cross the Hudson River and stay to the right, taking the exit toward Downtown Troy. Continue to stay right, follow signs for Hutton Street. Continue onto Hutton Street. At the second traffic light, turn right onto River Street. Pass underneath the bridges on River Street, the Urban Grow Center will be on your right, at 594 River Street. (The corner of River and Jay Streets)

ALBANY GUARDIAN SOCIETY
ALBANY, NEW YORK

SERVICE TO SENIORS IN THE CAPITAL DISTRICT

14 Corporate Woods Boulevard, Suite 102 Albany, New York 12211-2523