



ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE



Spring 2019 Catalog





ALBANY GUARDIAN SOCIETY



EDUCATION

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Spring 2019 Catalog

The Albany Guardian Society 2019 Spring 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.

APRIL
1

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:** Michelle Kavanaugh, Owner, Organize Senior Moves
 - **Date:** Monday, April 1, 2019
 - **Time:** 9:30 a.m. – 11:30 a.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
-

APRIL
1

Understanding Alzheimer's Disease

This class will cover the basics of Alzheimer's and dementia and will provide a general overview for people who are facing a diagnosis, as well as those who have a loved one affected by the disease or professionals that work with people that have Alzheimer's or dementia. Ms. Lawler will explore the relationship between Alzheimer's disease and dementia, examine what happens in a brain affected by Alzheimer's, detail the risk factors for and give the three general stages of the disease. FDA approved treatments will be identified and a look ahead to what is on the horizon for Alzheimer's research. Helpful Alzheimer's Association resources will also be discussed.

- **Presenter:** Shannon Lawlor, LMSW, Director of Programs & Services, Alzheimer's Association of Northeastern New York
 - **Date:** Monday, April 1, 2019
 - **Time:** 1:30 p.m. – 3:00 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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APRIL
2

Using Your iPhone – Apple (Beginner)

This class is for those that are just starting to learn how to use an iPhone. You will learn how to make a call, send text messages and emails, and much more.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
 - **Date:** Tuesday, April 2, 2019
 - **Time:** 12:30 p.m. – 2:00 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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APRIL
2

Using Your Smartphone – Android (Beginner)

This class is for those that are just starting to learn how to use a smartphone. You will learn how to make a call, send text messages and emails, and much more.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday April 2, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
3

Introduction to Tai Chi and Qigong

Want to learn more about what Tai Chi and Qigong are all about? This one-hour class will discuss what Tai Chi and Qigong are and how it awakens body/mind awareness, promotes flexibility, balance and physical and inner strength. In a time of increasing environmental and societal stress, these practices offer an easy to learn, healing and life affirming alternative grounded in one's true essence and birthright as a human being.

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Wednesday, April 3, 2019
- **Time:** 9:30 a.m. – 10:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd, Ste 102, Albany, NY

APRIL
3

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
- **Date:** Wednesday, April 3, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
4

Tai Chi at the Guilderland Library

Qigong, and its related form Tai Chi, is a form of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Developed more than 1,000 years ago in China, the practice helps strengthen and relax muscles and joints. Even more important, studies have found it to be excellent for fall prevention. Rich Goodhart is a certified Tai Chi/Qigong Instructor and has taught at both the Omega Institute and the Kripalu Center, in Lenox, Massachusetts. *Please register with the Guilderland Library, 518-456-2400 x3*

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, April 4, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY
(See directions below)

APRIL
8

Brushing Up on the Basics: Gardening Essentials

Even if this isn't your first year in the garden, it's always good practice to brush up on the basics. This class will help you get your garden started successfully and will keep you on track with important information on planting times, garden layout maintenance, and soil health. By planning ahead, understanding what problems you might face and solutions that will work, you'll have confidence in tackling and overcoming common garden issues throughout the growing season.

- **Presenter:** Francesca DiGiorgio, Educator, Capital Roots
- **Date:** Monday, April 8, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
9

Enriching Your Life with Podcasts and Using Cloud Services

Using Podcasts: With Podcasts you can listen on your own schedule to the latest in politics and culture, interviews with your favorite celebrities, serial dramas, and comedy. In this session you will learn about the great variety of podcasts and podcast apps, how to subscribe to them and download episodes for free.

Using Cloud services: Cloud services enable you to access your pictures, music and other files from anywhere in the world using the Internet. In this session you will learn how to choose the right Cloud service, how to access and save to the Cloud, how to sync your mail, contacts, calendar and more, over multiple devices.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, April 9, 2019
- **Time:** 1:00 p.m. – 2:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
11

Technology Overview: What Device is Right for Me?

Demystify the terms used to describe today's technology. What makes this such a smartphone? Learn about the differences between a smartphone, tablet and laptop. Hear terms like Wi-Fi, Data, Bluetooth, Memory, USB, Virtual Keyboards, the Cloud, Texting, Streaming, Skype, FaceTime, Facebook, Pandora, Chrome, Apps and Software all explained by skilled instructors in an easy, practical way to ensure understanding. Discover how you can harness the power of these devices to get the most of out today's amazing technology! This is a demonstration only class. Participants are welcome to bring their own devices, but the session is not hands on.

- **Presenter:** Eleonora Morrell, Training and Development Specialist, MicroKnowledge, Inc.
- **Date:** Thursday, April 11, 2019
- **Time:** 1:00 p.m. – 2:30 p.m.
- **Location:** Colonie Town Library, 629 Albany Shaker Road, Loudonville, NY
(See directions below)

APRIL
15

Be Tick Free - Lyme Disease Prevention

This presentation will include information on locations for tick exposure, how Lyme disease can be transmitted, how to do tick checks and tick removals, and information on how to prevent tick exposure. One free tick removal kit will be provided per participant.

- **Presenter:** Chelsea Henry, Public Health Educator, Albany County Dept. of Health
- **Date:** Monday, April 15, 2019
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
18

Healthy Aging: The Anatomy of Change

This session will discuss the normal anatomy and physiology of aging, including cognition, changes in organ function, and response to medications. Information about the evidence that diet and exercise can have to support these changes will also be covered.

- **Presenter:** Rebecca Stetzer, M.D., Albany Stratton VA Medical Center, Dept. of Geriatrics
- **Date:** Thursday, April 18, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
18

Tai Chi at the Guilderland Library

Qigong, and its related form Tai Chi, is a form of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Developed more than 1,000 years ago in China, the practice helps strengthen and relax muscles and joints. Even more important, studies have found it to be excellent for fall prevention. Rich Goodhart is a certified Tai Chi/Qigong Instructor and has taught at both the Omega Institute and the Kripalu Center, in Lenox, Massachusetts. *Please register with the Guilderland Library, 518-456-2400 x3*

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, April 18, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY
(See directions below)

APRIL
18

Change for Good

Planning to make some positive life changes? Lose a few pounds? Exercise more? Deal more effectively with stress? All too often, the best intentions never get put into practice. In this workshop we will discuss the steps needed to move from idea into action, identify some obstacles we might meet along the way and develop strategies needed to move ahead.

- **Presenter:** Judith England, RN, Health Educator, Kripalu Yoga Instructor
- **Date:** Thursday, April 18, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd, Suite 102, Albany, NY

APRIL
22

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:** Monday, April 22, 2019
- **Time:** 9:30 a.m. – 12:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
23

Comprehensive Management of Parkinson's Disease

There have been striking advances in the treatment of Parkinson's disease. While medication is the mainstay, there are a growing number of surgical approaches. Involvement of a multidisciplinary team leads to the best outcomes with a focus on quality of life and optimizing independent function. This presentation will provide an overview of what is believed to cause Parkinson's disease and the diverse approaches to managing the symptoms.

- **Presenters:** Donald Higgins, M.D., Rossella Cavaliere, M.D., Farrukh Shaikh, M.D., and Gaye Mccafferty, M.D., Albany Stratton VA Medical Center
- **Date:** Tuesday, April 23, 2019
- **Time:** 9:30 a.m. -11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
23

Effectively Using Your Kindle Fire (Beginner)

Own a Kindle Fire, but not sure what it can and can't do? The Kindle Fire is more than just an eBook reader. It is a tablet that can be used to read emails, browse the web, take pictures and of course read books using the Kindle software. This class will be covering, how to navigate your fire tablet, managing sounds & notifications, launching & installing Apps, accessing the web, sending emails and more.

- **Presenter:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, April 23, 2019
- **Time:** 1:00 p.m. – 2:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
25

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, April 25, 2019
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Honest Weight Food Coop, 100 Watervliet Ave., Albany, NY
(See directions below.)

APRIL
29

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, Certified Age in Place Specialist
- **Date:** Monday, April 29, 2019
- **Time:** 9:30 a.m. -11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

APRIL
30

Effectively Using Your iPad - Apple (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:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
 - **Date:** Tuesday, April 30, 2019
 - **Time:** 12:30 p.m. – 2:00 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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APRIL
30

Effectively Using Your Android Tablet (Beginner)

The Tablet 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 Tablet. Learn about Tablet terminology, various parts of the Tablet, interacting with the Tablet touch screen using gestures, and modifying settings. Explore some of the apps and camera basics. (ID and passwords may be needed.)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, April 30, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Diabetes Jeopardy

Chances are you either have diabetes or you know someone that has diabetes. It is a major health problem that affects all ages with the chance of developing diabetes increasing as we grow older. Diabetes is one of the most rapidly changing fields of medicine. But, how much do you really know about diabetes, treatments, complications and technology? Join us for a fun-filled, educational morning. Laugh. Learn. Pit your Jeopardy skills against your neighbor. Can you answer the Daily Double?

- **Presenter:** Mary Pat Roy, M.D., Endocrinology, Diabetes & Metabolism, Albany Stratton VA Medical Center
- **Date:** Thursday, May 2, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Tai Chi at the Guilderland Library

Qigong, and its related form Tai Chi, is a form of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Developed more than 1,000 years ago in China, the practice helps strengthen and relax muscles and joints. Even more important, studies have found it to be excellent for fall prevention. Rich Goodhart is a certified Tai Chi/Qigong Instructor and has taught at both the Omega Institute and the Kripalu Center, in Lenox, Massachusetts. *Please register with the Guilderland Library, 518-456-2400 x3*

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, May 2, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY
(See directions below)

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 & Glenn Ward, Funeral Directors & Co-owners, Cannon Funeral Home
- **Date:** Thursday, May 2, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
6

Care Management: Strategies for Successful Aging

Hear how working with an Aging Life Care Professional (ALCP) can offer you optimal success in identifying and planning for the many potential challenges of aging. A care manager can help ensure the quality of life you choose to create and minimize the need to face crises unprepared.

- **Presenter:** Tanya Zelman Schwartz, LCSW-R, C-ASWCM, CHOICES Program, St. Peters
- **Date:** Monday, May 6, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
7

Senior Housing Options - So Many Choices!

This presentation will cover the different types of housing and assisted living for seniors including universal design, Natural Occurring Retirement Communities (NORCS), The Village Movement, subsidized housing (HUD and tax credit), volunteer senior housing, housing with services, 55+ communities, family type homes, cohousing, Continuing Care Retirement Communities (CCRC), intentional communities, types of assisted living, Greenhouse and nursing homes. In addition, a discussion on how technology is being used by seniors to remain independent.

- **Presenters:** Diane Darbyshire, LeadingAge New York and Ken Harris, Executive Director, Albany Guardian Society
- **Date:** Tuesday, May 7, 2019
- **Time:** 1:00 p.m. – 2:30 p.m.
- **Location:** Clifton Park/ Halfmoon Public Library, 475 Moe Rd, Clifton Park, NY
(See directions below)

MAY
7

Effectively Using your iPhone (Intermediate)

Do you want to do more than make phone calls with your iPhone? Learn to use Keychain to keep track of passwords, make voice memos, navigate the Internet, use accessibility features, explore the Health App, meet your virtual assistant Siri, and more. (Apple ID and Password may be needed)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 7, 2019
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
7

Effectively Using your Android Smartphone (Intermediate)

Do you want to do more than make phone calls with your Android Smartphone? Learn about downloading apps from the Google Play Store, managing notifications, using voice commands with Google Assist, navigating the Internet using Google Chrome, and more. (Gmail Address and Password may be needed)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 7, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Introduction to Nanotechnology

Representatives of SUNY Polytechnic Institute will discuss the field of nanotechnology and its applications in everyday life—electronics, medicine, energy and more - via a presentation and hands on demonstrations.

- **Presenters:** Elaine Garrett, Public Education & Outreach Coordinator and Stephen Stewart, Instructional Support Technician, SUNY Polytechnic Institute
- **Date:** Thursday, May 9, 2019
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

Eating for a Healthy Heart

Join Capital Roots Educator, Francesca DiGiorgio for a culinary tour of the Mediterranean and discover some of the heart healthy choices this delicious cuisine has to offer. From traditional tomato and cucumber salad with feta cheese to home-made garlic hummus, this class will introduce simple ways to enhance meal prep with fresh produce and a Mediterranean flare.

- **Presenter:** Francesca DiGiorgio, Educator, Capital Roots
- **Date:** Thursday, May 9, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Honest Weight Food Co-Op, 100 Watervliet Ave., Albany, NY
(See directions below)

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 how to download some popular apps and learn how to organize your iPad screens, type using a virtual keyboard, and additional gestures. (Apple ID may be needed.)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 14, 2019
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

Effectively Using Your Android Tablet (Intermediate)

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

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 14, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
15

Balance and Falls: Strategies and Exercises to Prevent Falling

Learn how to maintain your balance and prevent falls with this interactive workshop. You will learn how your body's systems maintain balance, how to assess your balance, and strategies and exercises that have been proven to improve balance to prevent falls.

- **Presenter:** Brett Sears, PT, Cert. MDT, owner, Capital Region Physical Therapy, PLLC
- **Date:** Wednesday, May 15, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
16

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:** Thursday, May 16, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

MAY
16

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:** Thursday, May 16, 2019
- **Time:** 12:00 p.m. – 1:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
17

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.

A limited amount of memory screenings will be available after class between 11:30 – 12:00. Please call Albany Guardian Society at 518-434-2140 to schedule an appointment.

- **Presenter:** Richard Holub, M.D., Neurological Associates of Albany, PC
- **Date:** Friday, May 17, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
20

Hearing Loss in Seniors

This program will include a discussion on the ear and hearing system. Hearing loss will be covered along with an overview of amplification and hearing aids, assistive listening devices and Blue Tooth technology.

- **Presenter:** Tricia Doyle, AuD, Albany ENT & Allergy Services, PC; Doctor of Audiology; member of the American Academy of Doctors of Audiology
- **Date:** Monday, May 20, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

MAY
20

Transportation Options for Seniors

Having reliable transportation can be a key to independence. Staff from the Capital District Transportation Committee will discuss the new “Senior Transportation Guide” created with Albany Guardian Society. Capital District Transportation Authority (CDTA) staff will review information on bus routes and schedules and explain how to use the CDTA system. CDTA’s STAR program manager will discuss STAR (Special Transit Available by Request) which is eligible to people unable to use CDTA’s buses because of a disability or impairment. New transportation options like Uber and Lyft will also be covered.

- **Presenters:** Carrie Ward, Senior Transportation Planner, Capital District Transportation Committee and Onicela Ceden, Travel Trainer and Tanya Pitts, STAR Certification Manager, Capital District Transportation Authority (CDTA)
- **Date:** Monday, May 20, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany

MAY
21

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:** Tuesday, May 21, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
21

Security for your Mobile Phone and Tablet

Everything is connected today, always “on”, and as our mobile devices may contain personal information, it is important to protect them. In this session you will learn what the threats are and how to protect your device by installing security software, keeping up with updates and locking/backing up your device.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 21, 2019
- **Time:** 1:00 p.m.– 2:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
22

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, May 22, 2019
 - **Time:** 9:30 a.m. – 11:30 a.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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MAY
23

Healthy Aging: Pills for Primary Prevention

This session will review the evidence for those medical interventions designed to keep us healthy, including screening tests (mammograms, colonoscopies, etc.), vitamins/supplements, aspirin, and recent changes toward cholesterol and blood pressure management.

- **Presenter:** Rebecca Stetzer, M.D., Albany Stratton VA Medical Center, Department of Geriatrics
 - **Date:** Thursday, May 23, 2019
 - **Time:** 9:30 a.m. – 11:30 a.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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MAY
23

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, May 23, 2019
- **Time:** 1:30 p.m.– 3:30 p.m.
- **Location:** Bethlehem Public Library, 451 Delaware Ave., Delmar, NY
(See directions below)

MAY
29

Get Help From Tech Savvy Teens

High school students from the Bethlehem Central High School 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 their user names and password for every device they bring. *Please call Albany Guardian Society at 518-434-2140 to register.*

- **Date:** Wednesday, May 29, 2019
- **Time:** 9:30 a.m. – 12:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

MAY
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Tai Chi at the Guilderland Library

Qigong, and its related form Tai Chi, is a form of gentle exercise that emphasizes deliberate, careful, almost dance-like movements. Developed more than 1,000 years ago in China, the practice helps strengthen and relax muscles and joints. Even more important, studies have found it to be excellent for fall prevention. Rich Goodhart is a certified Tai Chi/Qigong Instructor and has taught at both the Omega Institute and the Kripalu Center, in Lenox, Massachusetts. *Please register with the Guilderland Library, 518-456-2400 x3*

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, May 30, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY
(See directions below)

DIRECTIONS

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

Bethlehem Public Library

451 Delaware Ave.

Delmar, NY 12054

518-439-9314

From Northway Exit 1E or Thruway Exit 24:

- Take Route I-90 to Exit 4, Route 85 West.
- Follow Route 85 West through three roundabouts.
- At fourth roundabout, exit onto Route 140 (Cherry Ave. Extension).
- Turn left at the next traffic light onto Kenwood Ave.
- Travel .7 miles and turn right onto Borthwick Ave. Just before the stop sign at the end of the street, turn right into the library parking lot.
- The library parking lot entrance is the second left.

From the Southern end of Route 787:

- Turn left onto McAlpin St.
- Travel to the end of McAlpin St. and turn left onto Route 443 (Delaware Ave.)
- Travel 2.5 miles to the third traffic light (Kenwood Ave. intersection).
- Continue straight for .4 more miles to Borthwick Ave., just past the Town Hall on the right.
- Turn right onto Borthwick Ave.
- The library parking lot entrance is the second left.

From Thruway Exit 23:

- When exiting the toll booth, stay to the far right.
- Immediately take the uphill exit ramp on the right.
- Turn left onto Southern Blvd., which will soon become McAlpin St.
- Travel to the end of McAlpin St. and turn left onto Route 443 (Delaware Ave.)
- Travel 2.5 miles to the third traffic light (Kenwood Ave. intersection).
- Continue straight for .4 more miles to Borthwick Ave., just past the Town Hall on the right.
- Turn right onto Borthwick Ave.
- The library parking lot entrance is the second left.

DIRECTIONS

Clifton Park/ Halfmoon Public Library

475 Moe Rd.

Clifton Park, NY 12065

518-371-8622

From the South

- Take I-87 North (The Northway.)
- Take the Grooms Rd exit, Exit 8A.
- Turn left onto Grooms Rd./County Hwy-91 (If you reach I-87 N you've gone about .2 miles too far.)
- Turn right onto Moe Rd. (Moe Rd. is .3 miles after Jarose Place) (If you reach Grooms Pointe Dr. you've gone about .1 mile too far.)
- The Library will be on the right.

From the North

- Take I-87 South (The Northway.) Merge onto Route 146/NY-146 W via Exit 9W toward Clifton Park.
- Turn left onto Moe Rd. Moe Rd is 0.1 miles past Crestmont Dr. (If you reach Emma Ln you've gone about 0.1 miles too far.)
- 475 Moe Rd. is on the left. (Your destination is 0.1 miles past Tracey Ct.) (If you reach Clifton Park Center Rd. you've gone about 0.1 miles too far.)

Colonie Town Library

629 Albany Shaker Road

Loudonville, NY 12211

518-458-9274

The library is located off Exit 4 of the Adirondack Northway (I-87) at 629 Albany-Shaker Road.

From the South

- Take I-87 North (The Northway.)
- Take Exit 4 and turn left at the ramp onto Wolf Rd.
- At the next light take a right onto Albany Shaker Rd.
- Follow Albany Shaker Rd. past the library to the traffic circle.
- Exit the circle onto New Maxwell Rd.
- Take your first left onto Field Dr. to enter the library parking lot.

From the North

- Take I-87 South. (The Northway.)
- Take Exit 4, where the road splits bear right.
- At the light at the end of the ramp turn left onto Rt. 155.
- At the next light turn left onto Albany Shaker Rd.
- Follow Albany Shaker Rd. past the library to the traffic circle.
- Exit the circle onto New Maxwell Rd.
- Take your first left onto Field Dr. to enter the library parking lot.

DIRECTIONS

Guilderland Public Library

2228 Western Ave.

Guilderland, NY 12084

518-456-2400

From the North:

- Take I-87 (The Northway) south to the 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 Route 20/Western Ave.
- 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

Honest Weight Food Co-Op

100 Watervliet Ave.

Albany, NY 12206

518-482-2667

From I-90 W

- Take the Everett Rd. exit, Exit 5.
- Turn left onto Everett Rd./County Hwy-155. Continue to follow Everett Rd.
- Turn left onto Watervliet Ave. Ext.
- Watervliet Ave. Ext is 0.1 miles past Everett Rd.
- If you reach Central Ave. you've gone about 0.2 miles too far.
- Your destination is 0.1 miles past Everett Rd.
- 100 Watervliet Ave. is on the right.

From I-90 E

- Take the Everett Rd. exit, Exit 5.
- Take a right onto Everett Rd./ County Hwy-155. Continue to follow Everett Rd.
- Turn right onto Watervliet Ave. Ext.
- Watervliet Ave. Exit is 0.1 miles past Everett Rd.
- If you reach Central Ave you've gone about 0.2 miles too far.
- Your destination is 0.1 miles past Everett Rd.
- 100 Watervliet Ave. is on the right.



COURSE DISCLAIMER: We reserve the right to cancel courses in the event that scheduled presenters withdraw from the Institute. If this occurs, every effort will be made to identify and secure replacement courses. Courses may also be cancelled if minimum required attendance levels are not achieved.