



ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE



Summer 2019 Catalog





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Summer 2019 Catalog

The Albany Guardian Society 2019 Summer Institute semester offers programs in the following broad categories:

- Caregiving
- Community Engagement
- Health + Wellness
- Housing
- 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.

JUNE
10

Eat to Stay Young: Benefits of Phytochemicals, Antioxidants & Superfoods in your Diet

You have heard of them but, what are they, what do they do and how do you get them from your foods? Knowing the answers to these questions and how to incorporate foods rich in these nutrients into your diet may help you live a longer, healthier life.

- **Presenter:** Karen Roberts Mort, MS, Resource Educator, Foods and Nutrition, Cornell Cooperative Extension of Albany County
- **Date:** Monday, June 10, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
10

Super Herbs

Herbs provide interesting new and fresh flavors for cooking, healing, and brewing tea. They add texture, scent and beauty to your garden and some provide natural pest control. This class will provide information on planting, maintaining and harvesting your very own herb garden, and we'll explore new ideas and uses for your bounty of fresh herbs.

- **Presenter:** Francesca DiGiorgio, Educator, Capital Roots
- **Date:** Monday, June 10, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
11

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-Anastasi, Owner, Organize Senior Moves
- **Date:** Tuesday, June 11, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
11

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, June 11, 2019
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
13

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, MA. Please register through the Guilderland Library, 518-456-2400 x 3

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, June 13, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY (See directions below)

JUNE
17

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:** Monday, June 17, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
20

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, MA. Please register through the Guilderland Library, 518-456-2400 x 3.

- **Presenter:** Richard Goodhart, Tai Chi and Qigong Instructor
- **Date:** Thursday, June 20, 2019
- **Time:** 11:00 a.m. – 12:15 p.m.
- **Location:** Guilderland Public Library, 2228 Western Ave., Guilderland, NY (See directions below)

JUNE
20

Independent Living with Aging Vision

In this presentation you will learn about the four leading causes of vision loss in older adults, early warning signs, adaptive support strategies and available resources including vision rehabilitation and adaptive aids. An activity to simulate the changes in vision will be part of the class to better understand what your spouse, friend or loved one is experiencing.

- **Presenter:** Lisa Jordan, Coordinator of Outreach Services and Marketing, Northeastern Association of the Blind at Albany (NABA)
- **Date:** Thursday, June 20, 2019
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
21

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:** Laura Greenaway, CMP, Development Director, American Diabetes Association
- **Date:** Friday, June 21, 2019
- **Time:** 10:00 a.m. – 12:00 p.m.
- **Location:** Clifton Park/Halfmoon Library, 475 Moe Rd, Clifton Park, NY (See directions below)

JUNE
26

Taking, Editing, Storing, & Viewing Photos Using your iPhone or iPad

Taking photos, videos, portraits and “selfies” with your mobile phone and your tablet is convenient and great fun. In this session you will learn the different options for picture taking and how to use the photo editing features of your device. This session also covers photo storage options to help you optimize the storage capacity of your device.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Wednesday, June 26, 2019
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
26

Taking, Editing, Storing & Viewing Photos Using your Android Smartphone or Tablet

Taking photos, videos, portraits and “selfies” with your mobile phone and your tablet is convenient and great fun. In this session you will learn the different options for picture taking and how to use the photo editing features of your device. This session also covers photo storage options to help you optimize the storage capacity of your device.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Wednesday, June 26, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JUNE
27

Hope and Resilience – How to Make Friends with the Life We Have Now

The stresses of life face us all. Over time, the damaging effects can create poor health, and take joy from our lives. Research shows that even if you’re not born with a sunny disposition, you can learn ways to face life’s challenges with greater resilience. In this program we will discuss the qualities of a “hopeful person” and practice techniques to build hope in day to day life.

- **Presenter:** Judith England, RN, Health Educator, Kripalu Yoga Instructor
- **Date:** Thursday, June 27, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
10

Buying and Selling on the Internet Using eBay, Craig's List, and Amazon

Learn how to set up an account to buy and sell on the internet, how to price and advertise an item to sell, how to negotiate and/or bid for an item to you want to buy. You will be introduced to the most popular commerce sites on the internet, the top ten items to sell on eBay, selling on Amazon, how to be successful and protect yourself on Craig's List and how to set up a PayPal account to manage transactions.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Wednesday, July 10, 2019
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
11

Library eBooks 101

Curious about library eBooks? Love audiobooks, but not sure how to download them from the library? Did you know the library has a mobile app? Bring your mobile device or eReader to this workshop and get help downloading eBooks, audiobooks, and digital magazines from the Upper Hudson Library System (Albany & Rensselaer Counties). You'll need a valid UHLS library card and a valid email address to participate in this workshop.

- **Presenter:** Natalie Hurteau, LMS, Adult & Outreach Services, Upper Hudson Library System
- **Date:** Thursday, July 11, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
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 to start a Village and where Villages are being developed in the Capital Region.

- **Presenter:** Ken Harris, Executive Director, Albany Guardian Society
- **Date:** Monday, July 15, 2019
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Bethlehem Town Hall, 445 Delaware Ave., Delmar, NY (See directions below)

JULY
16

Caregiver Health & Wellness – A Very Important Part of the "Care-Plan"

Very often caregivers become the expert when it comes to meeting the needs of their care partner. This workshop will focus on protecting the health and wellness of caregivers. Information, planning tips and strategies will be provided to help keep caregivers healthy and well. When someone else depends on you, it can be a challenge to balance it all. Bring an open mind, sense of humor and be ready to make a plan to be a healthy, well balanced caregiver.

- **Presenter:** Mary Moller, MSW, CAS, Program Specialist, Center for Excellence for Alzheimer's Disease, Alzheimer's Center at Albany Medical Center
- **Date:** Tuesday, July 16, 2019
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
16

Conscious Aging

The third phase of life is a great opportunity for spiritual, emotional, and psychological growth. This class will introduce participants to skills and tools to help seniors embrace this phase of their journey. (This class is sponsored in part by CDPHP.)

- **Presenter:** Linda McKenney, Certified Facilitator
 - **Date:** Tuesday, July 16, 2019
 - **Time:** 1:30 p.m. – 3:30 p.m.
 - **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY
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JULY
18

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:** Thursday, July 18, 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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JULY
22

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:** Monday, July 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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JULY
23

A Great Night's Sleep

Did you know sleep deprivation can harm your health and affect relationships? Learn about recent findings and the benefits of getting a good night's sleep. Explore ways to get peaceful, revitalizing, uninterrupted sleep. (This class is sponsored in part by CDPHP.)

- **Presenter:** Barbara Stevens, Certified Facilitator
- **Date:** Tuesday, July 23, 2019
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
24

NYS Elderly Pharmaceutical Insurance Coverage Program (EPIC) and Medicare Part D – Working Together

EPIC is a New York State program that provides secondary drug coverage for those enrolled in Medicare Part D drug plans throughout the year. This results in additional savings for members to purchase needed medications. This presentation will help you learn how EPIC working along with your Medicare Part D drug plan can help you save on your prescription drug cost, who is eligible for the program, how the program works and how to enroll in the program.

- **Presenter:** Gabbie Dotterweich, EPIC Outreach Specialist, Magellan Health
 - **Date:** Wednesday, July 24, 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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JULY
24

Effectively Using Your iPhone – Apple – Beginner

Use your iPhone to make a phone call, send text messages, send emails, set reminders, manage your calendar, and even take pictures.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
 - **Date:** Wednesday, July 24, 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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JULY
24

Effectively Using Your Smartphone – Android – Beginner

Use your smartphone to make a phone call, send text messages, send emails, set reminders, manage your calendar, and even take pictures.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Wednesday July 24, 2019
- **Time:** 2:30 p.m. – 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

JULY
30

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, July 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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JULY
30

Effectively Using your Smartphone – Android – 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, July 30, 2019
- **Time:** 2:30 p.m.– 4:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

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 Town Hall

445 Delaware Ave.

Delmar, NY 12054

518-439-4955

From the North:

- Take Route 87 (the Northway) south to the NYS Thruway (Route 87).
- Take the Thruway heading SOUTH (towards New York City). Take Exit 23 - Albany. After paying the toll, bear right. Merge on to Route 9W south.
- From the merge, travel approximately 1.2 miles and, after the third traffic light, bear right onto Route 32 (Delmar Bypass) south.
- Travel a half a mile; bear right onto Kenwood Avenue.
- Stay on Kenwood until the second traffic light.
- At the second traffic light, turn left on to Delaware Ave.
- The Town Hall is approximately 0.5 miles on your right.

From the South

- Take the NYS Thruway (Route 87) north to Exit 23 - Albany. After paying the toll, bear right. Merge on to Route 9W south.
- From the merge, travel approximately 1.2 miles and, after the third traffic light, bear right onto Route 32 (Delmar Bypass) south.
- Travel a half a mile; bear right onto Kenwood Avenue.
- Stay on Kenwood until the second traffic light.
- At the second traffic light, turn left on to Delaware Ave.
- The Town Hall is approximately 0.5 miles on your right.

From the East

- Take Route 90 West to Route 787 South. Go to the end of Route 787, to Route 9W.
- At the traffic light, turn right onto Route 9W.
- There will be a traffic light shortly after you turn onto 9W, then two more as you travel over the Exit 23 interchange.
- From this point, start counting traffic lights, the first one will be at the NYS Thruway Authority.
- After the third traffic light, approximately 1 mile from the first light, bear right onto Route 32 (Delmar Bypass).
- Travel a half a mile; bear right onto Kenwood Avenue.
- Stay on Kenwood until the second traffic light.
- At the second traffic light, turn left on to Delaware Ave.
- The Town Hall is approximately 0.5 miles on your right.

From the West

- Take the NYS Thruway (Route 90) east to Exit 23 - Albany. After paying the toll, bear right. Merge on to Route 9W south.
- Travel approximately 1.2 miles and, after the third traffic light, bear right onto Route 32 (Delmar Bypass).
- Travel a half a mile; bear right onto Kenwood Avenue.
- Stay on Kenwood until the second traffic light.
- At the second traffic light, turn left on to Delaware Ave.
- The Town Hall is approximately 0.5 miles on your right.

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 1-87 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.)

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.



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.