



ALBANY GUARDIAN SOCIETY :

: EDUCATION

# ALBANY GUARDIAN SOCIETY INSTITUTE

Fall 2016 Catalog







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EDUCATION

## ALBANY GUARDIAN SOCIETY INSTITUTE

# Fall 2016 Catalog

Welcome to the Albany Guardian Society Institute. For the first time Albany Guardian Society is offering a Senior Technology Training Series as well as, a fall schedule of classes in the following 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 Fall 2016.** Access to the Institutes catalog can be found on the Albany Guardian Society website at [www.albanyguardiansociety.org](http://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 us at 518-434-2140 or e-mail us at [institute@albanyguardiansociety.org](mailto:institute@albanyguardiansociety.org).

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

# SEPTEMBER

## **SEPT Wills, Health Care Proxies/Living Wills, MOLST**

**28** 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:** Wednesday, September 28, 2016
  - **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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## **SEPT Navigating the Maze of Available Senior Services**

**29** 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:** Anna Gowdy, Community Care Manager, Senior Services of Albany, Albany, NY
  - **Date:** Thursday, September 29, 2016
  - **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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## **SEPT Gizmos & Gadgets: Handy Devices to Help Seniors Remain Independent**

**29** 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:** Anna Gowdy, Community Care Manager, Senior Services of Albany, Albany, NY
- **Date:** Thursday, September 29, 2016
- **Time:** 12:00 p.m. – 1:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

# OCTOBER

## OCT Albany Rural Cemetery: History of Our Region

**3** Listen to a presentation and then take a walking tour with Paul Grondahl, author of *These Exalted Acres—Unlocking the Secrets of Albany Rural Cemetery*, and *The History of Albany Guardian Society*. Paul will tell the stories of some of the most famous and interesting citizens of Albany and the history of Albany Guardian Society. The presentation will be in the Albany Rural Cemetery chapel and a walking tour will follow.

- **Presenter:** Paul Grondahl, Writer, Albany Times Union, Albany, NY
- **Date:** Monday, October 3, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Rural Cemetery's Chapel \* (*See directions below*)

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## OCT Enjoying Your Garden's Bounty All Year Long

**4** This class is designed to help gardeners prepare and store the bounty from their garden. Simple instructional demonstrations will be offered on ways to store your late season harvest for the coming fall and winter. Tips for preserving freshness will be shared along with ideas on the best storing techniques for specific fruits and vegetables. Enjoy healthy eating from your garden all year long!

- **Presenter:** Katie Doyle, Educator, Capital Roots-Urban Grow Center, Troy, NY
- **Date:** Tuesday, October 4, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Capital Roots-Urban Grow Center, 594 River Street, Troy, NY \* (*See directions below*)

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## OCT Housing for Older Adults: Live Where You Want To Live

**13** 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, Niskayuna, NY; Jill McLellan Phelps, Director, DePaul Housing Management, Albany, NY
- **Date:** Thursday, October 13, 2016
- **Time:** 9:30 a.m. – 12:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

## **OCT Downsizing and Organizing for Seniors**

**18** 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, Albany, NY
- **Date:** Tuesday, October 18, 2016
- **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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## **OCT Aging in Place: Your Home for Your Lifetime**

**19** 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. A number of hands-on displays will be available.

- **Presenter:** Lauren Harrington, Certified Aging-in-Place Specialist (CAPS), Nightingale Elder Care, Schenectady, NY
- **Date:** Wednesday, October 19, 2016
- **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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## **OCT Effectively Using Your iPad (Beginner)**

**21** 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.

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** Friday, October 21, 2016
- **Time:** 10:00 a.m. – 10:45 a.m.
- **Location:** Crossgates Mall, 1st Floor, 1 Crossgates Mall Rd, Guilderland  
*(Note: this class is being offered at the Senior Expo being held at Crossgates Mall on October 21, 2016 from 9:00 a.m. to 2:00 p.m.)*

# OCTOBER- *CONTINUED*

## OCT **Effectively Using Your iPhone**

**21** Using an iPhone is more than making a phone call. Learn why you might use an iPhone and what you can do with it. Understand the features and benefits of a smartphone, changing settings, send a text and take a picture.

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** Friday, October 21, 2016
- **Time:** 11:00 a.m. – 11:45 a.m.
- **Location:** Crossgates Mall, 1st Floor, 1 Crossgates Mall Rd, Guilderland  
*(Note: this class is being offered at the Senior Expo being held at Crossgates Mall on October 21, 2016 from 9:00 a.m. to 2:00 p.m.)*

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## OCT **Effectively Using Your Tablet (Galaxy or Android) (Beginner)**

**21** This course will help first-time users become comfortable using their tablet. Learn about tablet terminology, various parts of tablets, interacting with the touch screen using gestures, and modifying settings. Please bring your tablet with you.

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** Friday, October 21, 2016
- **Time:** 12:00 p.m. – 12:45 p.m.
- **Location:** Crossgates Mall, 1st Floor, 1 Crossgates Mall Rd, Guilderland  
*(Note: this class is being offered at the Senior Expo being held at Crossgates Mall on October 21, 2016 from 9:00 a.m. to 2:00 p.m.)*

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## OCT **Effectively Using Your iPad (Beginner)**

**27** 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. Please bring your iPad with you. (Apple ID may be needed.)

- **Presenters:** Kathleen Pingelski and Eleonora Morrell, MicroKnowledge, Inc. Training and Consulting, Latham, NY
- **Date:** Thursday, October 27, 2016
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

# NOVEMBER

## NOV Get Your Affairs in Order (So Your Kids Don't Have To)

8 A non-legal discussion of organizing your important paperwork before a crisis occurs. Learn how to create a vital documents map. Create a paper trail and know what should always be in your wallet or purse. Hear about useful tips to manage the important documents of those who may be in your care.

- **Presenter:** Lynda Shrager, OTR, MSW
- **Date:** Tuesday, November 8, 2016
- **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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## NOV Security and Privacy on Your iPad, iPhone, or Mac Computer

15 Privacy and security on the Internet is a big concern for many seniors. Education is the best defense to protect yourself when using technology. An Apple certified teacher will talk about how you might be tracked on the Internet and what security and privacy features are built into Apple devices that you can choose to use. Please bring your iPhone, iPad and/or Mac computer with you.

- **Presenter:** Clea Stagnitti, Apple Certified Instructor
- **Date:** Tuesday, November 15, 2016
- **Time:** 9:30 a.m. to 11:00 a.m.
- **Location:** Proctors Theatre, Fenimore Gallery, 432 State Street, Schenectady, NY\*  
(See directions below)

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## NOV Powers of Attorney, Capacity Issues, Guardianship

15 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 Z. Reed, Esq., and Margaret A. Vella, Esq.,  
Reed and Vella, LLP, Delmar, NY
- **Date:** Tuesday, November 15, 2016
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY



# NOVEMBER - CONTINUED

## NOV **Healthy Aging: The Anatomy of Change**

**16** During this session we will discuss the normal anatomy and physiology of aging, including cognition, changes in organ function, and response to medications. We will also look at what the evidence says about the diets and exercises that best support these changes.

- **Presenter:** Rebecca Stetzer, M.D., Albany Stratton VA Medical Center, Department of Geriatrics, Albany, NY; Baystate Medical Center, Division of Geriatrics, Springfield, MA
- **Date:** Wednesday, November 16, 2016
- **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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## NOV **The Basics: Memory Loss, Dementia and Alzheimer's Disease**

**29** This program is designed to provide basic information that everyone needs to know about memory loss issues and what they mean for all of us. The program explores the difference between memory loss brought about by normal aging or Alzheimer's disease and other forms of dementia.

- **Presenter:** Maura Fleming, Capital Region Program Manager, Alzheimer's Association Northeastern New York, Albany, NY
- **Date:** Tuesday, November 29, 2016
- **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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## NOV **Healthy Aging: Primary Prevention**

**30** During this session we 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, Albany, NY; Baystate Medical Center, Division of Geriatrics, Springfield, MA
- **Date:** Wednesday, November 30, 2016
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** Albany Guardian Society, 14 Corporate Woods Blvd., Suite 102, Albany, NY

# DECEMBER

## DEC Introduction to the Village Movement

1 Since the establishment of Beacon Hill Village in Boston in 2001, Capital District seniors have been interested in forming “Villages” that are membership-driven, grassroots organizations that, through both volunteers and paid staff, coordinate access to affordable services to assist aging in place. These services can include recreational, health and wellness programs, home repairs, social programs and educational activities. Learn how you can be involved in the Village movement.

- **Presenter:** Ken Harris, Executive Director, Albany Guardian Society, Albany, NY
- **Date:** Thursday, December 1, 2016
- **Time:** 1:30 p.m. – 3:00 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

TO:

**Albany Rural Cemetery**

Cemetery Ave.

Albany, NY 12204

**From the south:**

- Take I-787 North.
- Take Exit 7 West from I-787 onto NY-378 West.
- Use the right lane to take the NY-32 ramp to Menands/Watervliet.
- Turn right onto NY-32 North/Broadway.
- Turn left onto Cemetery Ave.
- Go straight over the railroad tracks.
- Bear right staying on Cemetery Ave.
- The chapel is on the right.

**From the north:**

- Take I-787 South.
- Take Exit 7 West from I-787 onto NY-378 West.
- Use the right lane to take the NY-32 ramp to Menands/Watervliet.
- Turn right onto NY-32 North/Broadway.
- Turn left onto Cemetery Ave.
- Go straight over the railroad tracks.
- Bear right staying on Cemetery Ave.
- The chapel is on the right.

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TO:

**Capital Roots-Urban Grow Center**

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.
- 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, Capital Roots-Urban Grow Center will be on your right, at 594 River Street. (the corner of River and Jay Streets)

**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.

- 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, Capital Roots-Urban Grow Center will be on your right, at 594 River Street. (the corner of River and Jay Streets)

**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.
- 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, Capital Roots-Urban Grow Center will be on your right, at 594 River Street. (the corner of River and Jay Streets)

**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.
- 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, Capital Roots-Urban Grow Center will be on your right, at 594 River Street. (the corner of River and Jay Streets)

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TO:  
 Proctors Theatre  
 432 State St.  
 Schenectady, NY 12305

Directions can be found at <http://www.proctors.org/visiting/parking>



ALBANY GUARDIAN SOCIETY

**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 canceled if minimum required attendance levels are not achieved.



ALBANY GUARDIAN SOCIETY

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