



ALBANY GUARDIAN SOCIETY

EDUCATION

ALBANY GUARDIAN SOCIETY INSTITUTE



Spring 2020 Catalog





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Spring 2020 Catalog

The Albany Guardian Society 2020 Spring Institute semester offers a variety of programs in the following broad categories:

- Caregiving
- Health
- Housing
- Legal
- Professional Development
- Technology

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.

MAR
30

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. 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:** Jill McLellan Phelps, Director, DePaul Housing Management and Andrea Hebert, Vice President, Eddy Senior Living and Executive Director, The Glen at Hiland Meadows
- **Date:** Monday, March 30, 2020
- **Time:** 9:30 a.m. – 10:30 a.m.
- **Conference call and/or webinar**

MAR
30

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 WiFi, Data, Bluetooth, Memory, USB, Virtual Keyboards, the Cloud, Texting, Streaming, Skype, FaceTime, Facebook, Pandora, Chrome, Apps, and Software which will be explained by a skilled instructor in an easy, practical way to ensure understanding. Discover how you can harness the power of these devices to get the most out of 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:** Monday, March 30, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Conference call and/or webinar**

MAR
31

Alzheimer's Disease – The Fundamentals: What to Look for, When to Talk to Your Doctor, and What YOU Can Do to Reduce the Risks

Alzheimer's disease can look very different in each person. This class will provide the fundamentals of this disease along with a guide to know when you should talk to the doctor. Memory loss is not a normal part of aging. Learn about what you can do to reduce your risk of getting Alzheimer's disease. No magic wands or crystal balls to predict the future, rather, you will be equipped with the latest information to help you age healthy and well.

- **Presenter:** Mary Moller, MSW, CAS, Program Specialist, Center for Excellence for Alzheimer's Disease, Alzheimer's Center at Albany Medical Center
- **Date:** Tuesday, March 31, 2020
- **Time:** 1:30 pm. – 2:30 p.m.
- **Conference call and/or webinar**

APR
3

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 Aging-in-Place Specialist
- **Date:** Friday, April 3, 2020
- **Time:** 1:30 p.m. – 2:30 p.m.
- **Conference call and/or webinar**

APR
6

Effectively Using Your iPhone (Beginner) – Apple

Learn how to use your iPhone to make a phone call, send text messages, send emails, set reminders, manage your calendar, and even take pictures. This class is for those that are just starting to learn how to use a smartphone.

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, April 6, 2020
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Conference call and/or webinar**

APR
7

I am a caregiver. When did this happen? Now What?

The journey of caregiving is different for everyone based on their individual needs, but it has many similar challenges for us all. This class will cover the basic issues commonly associated with caregiving. We will discuss how to recognize your needs as a caregiver and most importantly, how to care for yourself while taking care of others. Learn how to reduce your caregiving stress, increase your support team, and other resources that will help assist you through your journey as a caregiver.

- **Presenter:** Lauren Benoit, Program Director, Catholic Charities Senior & Caregiver Support Services
- **Date:** Tuesday, April 7, 2020
- **Time:** 1:30 p.m. – 2:00 p.m.
- **Conference call and/or webinar**

APR
8

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 their own decisions; and (3) What happens if a person has not signed these documents.

- **Presenter:** Michelle Wildgrube, Esq., Cioffi, Slezak, Wildgrube, PC
- **Date:** Wednesday, April 8, 2020
- **Time:** 1:30 p.m. – 2:30 p.m.
- **Conference call and/or webinar**

APR
13

Effectively Using your iPhone (Intermediate) – Apple

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:** Monday, April 13, 2020
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Conference call and/or webinar**

APR
16

Prepping You and Your Garden for Spring!

This spring let's set ourselves up for success. Join Capital Root's Garden Educator for a class that will discuss ways to prepare your garden plot and yourself for the upcoming growing season. We'll explore how to plan your garden plot, prep your soil, and warm up your mind and body for gardening.

- **Presenter:** Amanda Vrsalovic, Garden Educator, Capital Roots
- **Date:** Thursday, April 16, 2020
- **Time:** 1:30 p.m. – 2:30 p.m.
- **Conference call and/or webinar**

APR
20

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 there will be a discussion on 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:** Monday, April 20, 2020
- **Time:** 9:30 a.m. – 10:30 a.m.
- **Conference call and/or webinar**

APR
20

Effectively Using Your iPad (Beginner) – Apple

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. (Bring your Apple ID and password.)

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Monday, April 20, 2020
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Conference call and/or webinar**

APR
21

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:** Tuesday, April 21, 2020
 - **Time:** 9:30 a.m. – 10:30 a.m.
 - **Conference call and/or webinar**
-

APR
22

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 that are available.

- **Presenters:** Gretchen Moore Simmons, MSW, Assistant Executive Director and Felicia Segelken, LMSW, LifePath (formerly Senior Services of Albany)
 - **Date:** Wednesday, April 22, 2020
 - **Time:** 9:30 a.m. – 10:30 a.m.
 - **Conference call and/or webinar**
-

APR
22

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:** Gretchen Moore Simmons, Assistant Executive Director and Felicia Segelken, LMSW, LifePath
- **Date:** Wednesday, April 22, 2020
- **Time:** 10:00 a.m. – 12:00 p.m.
- **Conference call and/or webinar**

APR
22

Remaining Healthy and Independent with Technology

Technology is increasingly allowing seniors to monitor health and remain independent in their homes. This presentation will explore a variety of technologies including medical systems, wearables, telemedicine, home safety, “smart” appliances, digital assistants, and transportation. Technologies that will be demonstrated will be a diabetes monitor, an Apple Watch, and apartments with Alexa voice activation integration that can control lighting, security, and thermostat settings.

Sponsored by Shenendehowa Neighbors Connecting and CAPITAN Community Services.

- **Presenters:** Ken Harris, Executive Director, Albany Guardian Society; Andrea Hebert, Vice President, Eddy Senior Living; Kathy Leonard, Manager, Eddy Health Alert; Judy Moore, Shenendehowa Neighbors Connecting Village; Jerry Hart, Shenendehowa Neighbors Connecting Village
- **Date:** Wednesday, April 22
- **Time:** 1:00 p.m. – 3:00 p.m.
- **Location:** Clifton Park/Halfmoon Public Library, 475 Moe Rd., Clifton Park, NY
(See Directions Below)

APR
27

Hospice Care...An Experience of Hope

Decisions about how we would like to live and be cared for, particularly if faced with serious illness, are some of the most personal, and in certain instances, the most difficult decisions we may ever have to make. As we age, understanding the options for care that are available to each of us is crucial in assuring our wishes are carried out. This presentation will explore hospice philosophy of care, provide information about hospice program services, and offer ways that hospice care can be an instrument of hope for the patients and families we serve.

- **Presenter:** Caitlin St. George, Marketing Supervisor, the Eddy Community Service Division
- **Date:** Monday, April 27, 2020
- **Time:** 1:30 p.m. – 2:30 p.m.
- **Conference call and/or webinar**

APR
28

Seniors on The Move! Practical Tips to Help Seniors Stay Active, Build Muscle, and Maintain Flexibility and Balance

Today’s seniors are lively and vibrant and seek ways to keep moving. This presentation will highlight simple ways to be more active. A discussion on how to incorporate exercise in your daily routine and practical tips for staying active. Wear comfortable clothing and be prepared for a live demonstration of simple low impact exercises that help build muscle and maintain flexibility and balance. All exercises can be done easily in your own home without any equipment.

- **Presenter:** LaToya Taitt, Certified Fitness Instructor and Wellness Coach
- **Date:** Tuesday, April 28, 2020
- **Time:** 9:30 a.m. – 10:30 a.m.
- **Conference call and/or webinar**

APR
30

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:** Thursday, April 30, 2020
- **Time:** 9:30 a.m. – 10:00 a.m.
- **Conference call and/or webinar**

APR
30

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:** Thursday, April 30, 2020
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Conference call and/or webinar**

MAY
4

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:** Monday, May 4, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD

MAY
5

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 own 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 & Betsy Mulvey, Project Director, VTAC, Albany Guardian Society
- **Date:** Tuesday, May 5, 2020
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** TBD

MAY
5

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

Taking photos, videos, portraits, and "selfies" with your iPhone and your iPad 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:** Tuesday, May 5, 2020
- **Time:** 12:30 p.m. – 2:00 p.m.
- **Location:** TBD

MAY
6

A Healthier You – Try the Mediterranean Diet

Are you looking for a healthier way to feel better and maintain a healthy weight? This program will discuss the Mediterranean diet principles, the health benefits of this diet, and show you the Mediterranean Diet Pyramid. Participants will sample a tasty Mediterranean recipe and go home with some great recipes/resources to use for a better you!

- **Presenter:** Patricia Wukitsch MS, RD, CDN
- **Date:** Wednesday, May 6, 2020
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** TBD

MAY
7

Be Medication Smart

In this class you will learn tips and tools on how to take your medications properly, safely, and to dispose of them in a way that is safe for the environment as well as the community and your household.

- **Presenter:** John T. McDonald III, RPh., President, Marra's Pharmacy
- **Date:** Thursday, May 7, 2020
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** TBD

MAY
7

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 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. *(This is a demonstration only class. Participants are welcome to bring their own devices, but the session is not hands-on.)*

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Thursday, May 7, 2020
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** TBD

MAY
11

Transportation Options for Seniors

Having reliable transportation can be a key to independence. Staff from the Capital District Transportation Committee (CDTC) will discuss the new "Senior Transportation Directory" 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 Cedeno, Travel Trainer and Tanya Pitts, STAR Certification Manager, Capital District Transportation Authority (CDTA)
- **Date:** Monday, May 11, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD

MAY
12

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:** Geoff Tillou, Public Health Educator, Albany County Dept. of Health
- **Date:** Tuesday, May 12, 2020
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** TBD

MAY
12

Effectively Using Your iPad (Intermediate) – Apple

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. 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 12, 2020
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** TBD

MAY
13

Coping with Grief and Loss

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

- **Presenter:** Carla Sofka, PH.D., MSW, Professor of Social Work, Siena College
- **Date:** Wednesday, May 13, 2020
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** TBD

MAY
13

Powers of Attorney, Capacity Issues, and Guardianship

What can be done when a person can no longer make their 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, May 13, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD

MAY
14

Test Your Diabetes IQ

Diabetes is a common medical condition. The more you know about it, the better you will be in taking care of yourself or a loved one with diabetes. Join us for a fun morning seeing how much you already know about diabetes and what new things you can learn.

- **Presenter:** Mary Pat Roy, M.D., Endocrinology, Diabetes & Metabolism, Stratton VA
- **Date:** Thursday, May 14, 2020
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** TBD

MAY
15

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 11:00 a.m. – 11:45 a.m. 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 15, 2020
- **Time:** 9:30 a.m. – 11:00 a.m.
- **Location:** TBD

MAY
18

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 learn 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, May 18, 2020
- **Time:** 10:00 a.m. – 12:00 p.m.
- **Location:** TBD

MAY
18

Financial Empowerment for Older Adults

This workshop will discuss personal finances as they relate to aging. Participants will learn strategies to assess financial situations, understand the importance of goal setting. The discussion will include how to create healthy financial boundaries with friends and family. You will also learn no-cost/low-cost ways to conserve energy and lower home energy bills. Strategies will include home weatherization, understanding energy use of appliances and lighting, and available energy programs. Share your experiences and understand how to better improve your personal financial situation.

- **Presenter:** Maria DeLucia-Evans, Association Resource Educator, Cornell Cooperative Extension Albany County
- **Date:** Monday, May 18, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD

MAY
19

Arthritis: Shaped by Father Time, Transformed by Mother Nature

The majority of us will have either arthralgias – joint pains – and/or arthritis – joint swelling – in our lives. The two conditions may reflect whether you have a “mechanical” condition like osteoarthritis or an autoimmune condition like rheumatoid arthritis. In this interactive presentation, Dr. Ngo will not only walk you through the differences, but more importantly, guide you on how to do something about it.

- **Presenter:** Dr. Khoa Richard Ngo, DO, second year Rheumatology fellow, Albany Medical Center
- **Date:** Tuesday, May 19, 2020
- **Time:** 9:30 a.m. – 11:30 a.m.
- **Location:** TBD

MAY
19

Enriching Your Life with 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. *(This is a demonstration only class. Participants are welcome to bring their own devices, but the session is not hands-on.)*

- **Presenters:** Eleonora Morrell and John Dowley, Training and Development Specialists, MicroKnowledge, Inc.
- **Date:** Tuesday, May 19, 2020
- **Time:** 1:30 p.m. – 3:00 p.m.
- **Location:** TBD

MAY
20

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 Aging-in-Place Specialist
- **Date:** Wednesday, May 20, 2020
- **Time:** 10:00 a.m. -12:00 p.m.
- **Location:** TBD

MAY
20

It's an All New Library

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

- **Presenter:** Natalie Hurteau, LMS Adult & Outreach Services, Upper Hudson Library System
- **Date:** Wednesday, May 20, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD

MAY
21

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

All of us should take time to organize our important paperwork, health directives, and home before a crisis occurs. Getting our ducks in a row provides a great amount of stress relief and prevents a ton of aggravation for those who will come after us. This presentation reviews what vital documents one should have, how to organize pertinent health information and document health wishes, how to begin to declutter and prepare for downsizing, and how to initiate the all-important conversation with loved ones.

- **Presenter:** Lynda Shrager, OTR, MSW
- **Date:** Thursday, May 21, 2020
- **Time:** 1:30 p.m. – 3:30 p.m.
- **Location:** TBD



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.