

## Hear that Music Playing? Come Join in the Fun!

Do you have a musical instrument in your closet that perhaps you played years ago ...maybe many years ago? Or perhaps you have been thinking that you might like to learn how to play an instrument. It may even be that you have always been interested in playing music, and just never found the time. Or perhaps you play now and just want to jam. You may deep down, want to join a band, or at very least, a

band of like-minded individuals who would enjoy playing together. Well, if any one of these statements resonated with you, and you entertained answering "yes, that's me," then you will want to come to the New Horizons Music Program here at our center.

It is well understood that music is a way of experiencing life and giving it expression. And that is what the music program, directed by Charles Zebroski, a member of LifeWorks Erie and retired long-time musician, composer, and music teacher, is all about.

The LifeWorks Erie program is modeled after the National New Horizons Music Program which had its beginnings in Rochester, NY and was designed to serve adults interested in returning to or wanting

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to begin to play music. Participants of New Horizon programs in other cities have offered that: "It is the most fun I have had for a very long time." "I look forward to the sessions with great excitement." "It is a way for me to experience profound and serious, and also joyful thoughts--- makes me feel alive."

There is, in fact a Music Making and Wellness Movement that is supporting research to investigate the link between music and wellness. Early into these studies, there is an indication that music making reduces depression and increases the strength of the immune system. Without any research, it is a given that great fun, friendships, and personal enrichment and satisfaction are outgrowths of making music.

## Do You Love to Shop? Participate in Bon Ton Community Days



LifeWorks Erie is participating in the Bon Ton Community Days event being held on Friday April 27<sup>th</sup> and Saturday April 28<sup>th</sup> at the Millcreek Mall.

Community Days is a unique opportunity for non-profit organizations to raise money and increase

their visibility in the community by selling coupon books. Booklets for the event are on sale NOW! You can purchase a booklet, which includes over \$225 in exclusive coupon savings, for just \$5. The \$5 donation goes directly to LifeWorks Erie. Only individuals who have a coupon booklet will be able to take advantage of the special discounts available at Bon Ton on April 27<sup>th</sup> and 28<sup>th</sup>.

To purchase a coupon book or to take some to sell to friends, family and community groups, please see Marie at the front desk. Our goal is to sell at least 100 books - we hope you will help us reach our goal!

## FitLife Currents

By: Nancy Adams, Community Health Services Coordinator

### Why Strength Training?

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week. Strength training, and also doing regular aerobic exercise, can have a positive impact on a person's mental and emotional health.

There are numerous benefits to strength training regularly, particularly as you grow older. It can be very powerful in reducing the signs and symptoms of numerous diseases and chronic conditions, among them: arthritis, diabetes, osteoporosis, obesity, back pain and depression.

As people age, poor balance and flexibility contribute to falls and broken bones. These fractures can result in significant disability and, in some cases, fatal complications. Strengthening exercises, when done properly and through the full range of motion, can increase a person's flexibility and balance, which decrease the likelihood and severity of falls.

Strength training is crucial to weight control, because individuals who have more muscle mass have a higher metabolic rate. Strength training can

provide up to a 15% increase in metabolic rate, which is enormously helpful for weight loss and long-term weight control.

More than 14 million Americans have type II diabetes. Fortunately, studies now show that lifestyle changes such as strength training have a profound impact on helping older adults manage their diabetes. People who do strength training are usually stronger, gain more muscle, lose body fat, have less depression, and feel much more self-confident.

When older adults participate in strength training programs, their self-confidence and self-esteem improve, which has a strong impact on their overall quality of life.

Strength training is also important for cardiac health because heart disease risk is lower when the body is leaner. One study found that cardiac patients gained not only strength and flexibility but also aerobic capacity when they did strength training as part of their rehabilitation program. This and other studies have prompted the American Heart Association to recommend strength training as a way to reduce risk of heart disease and as a therapy for patients in cardiac rehabilitation programs.

## From Marie's Desk

Spring is in the air and LifeWorks is buzzing with activity. The Lifelong Learning Institute programs are going well. Just as a reminder to everyone, we encourage and appreciate when you reserve ahead for a Lifelong Learning class or program. It enables us to prepare adequately for you, our members, as well as the presenter/facilitator. I thank you in advance for your cooperation.

For those who attended the St. Patrick's Day Party, I think I speak for all when I say we had a blast. There was good food, great music and best of all friends old and new to enjoy the day with us. Many members came to me and said that we should have something before our picnic in August, so stay tuned for information on our next event.

If you missed out on the last Healthy Steps Program and you want to attend the one on **Wednesday April 11<sup>th</sup>**, you can see either me or Nancy Adams. It is a great afternoon of learning about fall

By: Marie Heberlein, Center Manager

prevention and best of all it is free.

On **Monday April 16<sup>th</sup>**, Lisa Hughes, RN and Massage Therapist will be here to give massages and paraffin hand wax treatments. If you are interested in either a massage or paraffin wax and would like to make an appointment or for more information please see me.

There will be another AARP four hour Safe Driver refresher course on **Thursday May 24<sup>th</sup>** from 12 (noon)-4 pm. AARP members cost \$12 and non-members \$14. Class size is limited so if you are interested make your reservation promptly. See Marie for details.

LifeWorks will be closed on Friday April 6<sup>th</sup> in observance of Good Friday. Normal hours of operation will resume on Monday April 9<sup>th</sup>. On behalf of all of the LifeWorks staff, we would like to wish everyone a wonderful and Blessed Easter.

## Member Spotlight: Meet the Zboyovskis By: Marie Heberlein, Center Manager



Mike and Linda Zboyovski are graduates of McDowell High School Class of 1964 and 1965 respectively. Even though

they went to the same school their paths never crossed. It wasn't until later in life that they were introduced through Linda's sister Susie who worked for Mike at American Sterilizer (AMSCO). Mike worked as a printing pressman at AMSCO and later on became the supervisor of the plant printing operation. At that time, Linda's daughter and Mike's two older children were in high school and his youngest child was in grade school. Mike and Linda dated and then in 1984 they married. Mike says it has been nothing but a great adventure since that time. Mike was able to teach Linda some of the various aspects of the trade in his spare time, not knowing that down the line she would work in a commercial print shop. In 1988 a job opening at AMSCO fit the list of Linda's qualifications and she was hired. Mike had moved on to technical support customer service in a different department but they were in the same building working the same hours for the past 12 years. In 2011 Mike and Linda both semi-retired from AMSCO/Steris when jobs moved to Mentor Ohio.

Since their retirement Mike and Linda have enjoyed

spending time together. They have a total of four children; two girls and two boys, who are now adults. They are the proud grandparents of four grandchildren ranging in age from 3 to 23 years old.

Mike is a professional drum player, and plays in a local band, *Hired Hitmen*, that play songs from the 60's through the 80's and he plays the drums weekly at their church, *Christian Assembly*. Linda is his roadie helping set up, load and un-load equipment and as a bonus she also cleans his drums. Mike and Linda both love vigorous exercising often times right after a delicious lunch at LifeWorks!

Linda enjoys crossword puzzles, free cell, crocheting and doing seamstress work on either her old treadle or modern sewing machine. Keep your eyes peeled because you will probably see this cool and hip couple cruising down the open road in their brand new Honda Goldwing Trike motorcycle. Both Mike and Linda have their license to operate a motorcycle. They also like golfing, although Mike joking says that Linda doesn't always play by the rules, apparently teeing up the ball again on the fairway is frowned upon in Mike's rule book. Some words of wisdom from the happy couple: a recipe for a good marriage, that they have learned over time, is that life includes God first and foremost; marry your best friend and be in agreement on religion, finances, and how to raise children. Mike and Linda have never taken a separate vacation because in their recipe book of life that is one of the best parts of being married.

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### Events and Classes You Won't Want to Miss!

On **April 12th at 6:00 pm**, in partnership with the Alzheimer's Association and the Jefferson Education Society, we will be offering a panel discussion on Alzheimer's and its dimensions, "The Care and Maintenance of the Beautiful Aging Brain." The presentation will be held at the Jefferson Educational Society at **3207 State Street**. This event is **free** and open to the public.

On **April 13th at 12:30 pm**, our next Computer Class will begin. This class, which explores creating and manipulating spreadsheets will be held at the center for three Fridays in a row (April 13, 20, and 27). Cost is **\$25 for members** and **\$40 for nonmembers** and includes all three classes.

On **April 24th at 6:30 pm**, we are having a class entitled "The Life of Trees" which will discuss trees and the history and significance of Frontier Park and its components. The class will also include a tour of Frontier Park at 10am on Saturday, April 28th. Cost is **\$4 for members** and **\$7 for nonmembers** (the Saturday morning tour is included in the price)

## Shared Interest

Ever wonder why everything tastes exotic and exudes delicious aromas when you eat at a good five star restaurant? It is usually because of the seasoning. Those that enjoy cooking know that food is always best when you add fresh herbs.

You can create a masterpiece just by adding a few fresh herbs to our favorite dishes. As you master the art of seasoning with fresh herbs, you will astound family and friends.

Eight years ago Christal Porter decided that she had enough of paying \$5.00 or more for herbs in the local grocery store, so she decided to start growing her own. Dill, Fennel, Basil, and Chives are just a few herbs that Christal Porter enjoys planting and harvesting.

Beginning in spring she starts by planting basil. Basil doesn't grow back season after season so you have to replant it every year. Christal prefers to go somewhere like Stan's Garden Center and purchase a plant then take the seeds and begin planting them.

Basil and dill are among her favorites. She loves dill and shares it with other members of the center. Last year, our very own Cindy Schauble received some dill from Christal and Cindy made dill pickles and canned them for year round enjoyment. Christal picks basil and dries the leaves out and then crunches the dried leaves and puts them in a jar for delicious basil that you cannot purchase in stores.

Planting herbs is relatively easy and doesn't require a lot of time. Once you get started you do have to

check on some of the herbs because a lot of the seeds scatter and that is one of the reasons it is so easy to start growing your own herbs. You may have to corral the seeds from time to time or you may end up with a herba-palooza.

Christal shares a tip that fennel is especially kind to flowers such as Roses. If you plant the fennel in front of your Roses it keeps beetles and other insects away. Also, if you still enjoy mowing your grass, plant mint around the base of your tree, when you run the mower over it you will have a pleasant aroma of mint surround you.

Herbs are meant to be shared with friends, so stop by and introduce yourself to Christal Porter and she would be more than happy to share her home grown herbs. Herbs are definitely the spice of life.



Basil



Chives

## Do You Suffer from Headaches?

Have a Headache? Do you know what you can do to prevent headaches from occurring? Whether you are prone to tension headaches, or migraines, by avoiding the following triggers, you can often avoid the headache. Common triggers, and helpful solutions, include:

**Stress**—Try exercise and meditation

**Lack of Sleep**—Get 6-8 hours of continuous sleep

**Wine or other alcohol**—Drink club soda and cranberry juice or other non-alcoholic beverages

**Certain foods**—Keep a log listing the foods that trigger headache and avoid eating them

**Exposure to bright light (including sunlight)**—Wear sunglasses offering highest UV protection and use soft lighting in your home

## The Health Beat

By: Mary Walker, RN, Preventive Nurse/Health Educator

### Sweet Simplicity

*"I believe we would be happier to have a personal revolution in our individual lives and go back to simpler living and more direct thinking. It is the simple things of life that make living worthwhile, the sweet fundamental things such as love and duty, work and rest, and living close to nature."*

– Laura Ingalls Wilder

I remember watching *Little House on the Prairie* and thinking that life was pretty simple for Charles and Caroline Ingalls and their daughters, especially as compared to the complexities of life in the late 20<sup>th</sup> century. An occasional disagreement with Willie Oleson was often the drama for the week, and would usually result in the assimilation of a deep moral lesson. Isn't it surprising to discover that Laura herself yearned for a simpler time when the focus was on "sweet fundamental things?" The Baby Boomer generation was, by and large, raised by parents who remember the Great Depression. Boomers were taught by example to live frugally because abundance wasn't something that could be counted on. Over the years, as the economy improved and with the expansion of technology, a shift in the spending and consuming habits of Boomers has evolved, and those habits have been passed on to the next generation, often resulting in the pursuit of *more*- more things, more commitments, more affiliations, more fame, and on and on.....

Owing partially to today's economic challenges, as well as concern about the environment, and a desire to live life with more enjoyment and less

stress, the move toward "simple living" is gaining momentum. Writes Leo Babauta, ([zenhabits.net](http://zenhabits.net)), "[simple living] for me...means getting rid of the clutter so you are left with only that which gives you value." Babauta asserts that there are really only two steps to simplifying: identifying what's most important to you, and eliminating everything else!

But these "simple steps to simplifying" may not seem as simple as they first appear. Where would you begin to identify 4 or 5 things that are most important to you? Maybe you long for a less hectic schedule, less clutter, fewer bills, more time for yourself, better health. However your list reads, you next need to take a hard look at how you spend your time and how closely what you do aligns with your priorities. You may find that eliminating activities not in line with your values will involve learning to say no, and indeed, Babauta believes that the ability to say no is a habit that is key to achieving a simpler life. When considering a task or a choice, ask, "will this simplify my life?" If the answer is no, then "no" is what you may want to say!

Those who have espoused simpler living sing its praises. Author Duane Elgin refers to the movement as "living in a way that is outwardly simple but inwardly rich." Living simply is a journey, not a destination, and means different things to different people. But it will move you away from chaos and toward peace. Who wouldn't want that?

## Lifelong Learning Institute National Affiliation

Rochelle Krowinski, CEO, announces that The Lifelong Learning Institute of LifeWorks Erie, formerly Erie Center on Health and Aging, has been granted affiliation with the National Lifelong Learning Network, coordinated by Elderhostel, Inc. Erie's Lifelong Learning Institute joins 500 others located throughout the United States offering educational opportunities to older adults. The National Network promotes communication between institutes and provides educational resources to all participants throughout the network. The LifeWorks Erie Lifelong Learning Institute is now listed on their website: Elderhostel Lifelong Learning Institutes.

## New Handyman Service

Do you need assistance fixing a leaky faucet, repairing your front stairs, or are you looking for a trustworthy contractor for a major renovation but are unsure who to call? LifeWorks Erie has begun a “handyman” service, in partnership with Dennis Perry, to provide minor home repairs and referrals for larger work. By going through our handyman service you can have peace of mind that the person

working on your home repairs is a trustworthy and respected contractor.

Current members of LifeWorks will be charged \$45 per house call. Interested members can contact Margie Sargent at 453-5072, ext. 10 to schedule service.

## Thank You to Recent Donors

LifeWorks Erie would like to thank the following donors who have pledged financial support to the organization during the upcoming year:

Karen Kalivoda  
Judith Tarto

Christopher Keating  
Michael Vickey

William Petit

It is through support from donors like these that we are able to continue offering services and programming. Thank You!

If you would like to give a donation to LifeWorks Erie, please contact Jen Benacci at 453-5072, ext. 26 or at [jbenacci@lifeworkserie.org](mailto:jbenacci@lifeworkserie.org)



**Are you seeking professional assistance regarding your will or other legal matters?**

**Contact Ralph R. Riehl, III, Attorney at Law**

Ralph Riehl, III has been a practicing attorney in Pennsylvania since 1976. His areas of practice include: Estate Planning/Administration, Real Estate, Social Security Disability, Workers Compensation, and Litigation.

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Email: [Riehllaw@aol.com](mailto:Riehllaw@aol.com)



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