

HEALTH SERIES

Tai Chi

Ed Matthews, Certified Instructor
Mondays and Wednesdays at LifeWorks Erie;
Fridays at the Regency from 9:30 –10:15 a.m.
Free

Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures. It can improve strength, flexibility, balance and coordination. **SA**

Fit for Life Fitness Class

Nancy Adams, Certified Fitness Instructor
Tuesdays from 9:30 –10:15 a.m.
Free

This chair-based class will use body weight and light resistance bands to help improve strength and comfort with your activities of daily living. **SA**

Healthy Eating: Making Every Nutritious Bite Count

Rhonda Moore, RD, LECOM Senior Living Center
Second Wednesday of each month from 9:00 - 11:00 a.m.
Free to Members; \$35 non-members for 30 minutes

Healthy eating should be a way of life that you can maintain with every meal plan, including eating out. Our registered dietitian will work with you to find the right foods and the right diet plan to make it easier for you to stay healthy and enjoy life. Call (814) 453-5072 to make an appointment.

Cardio Fit and Weight Lifting Class

Doug Forne, Certified Fitness Instructor
Thursdays at 9:30 a.m.
\$3 per class

Use dumbbells, exercise bands and even your own body weight in this full body workout that targets the major muscle groups of the upper and lower body. **SA**

Wise Words for Wellness – Questions for the Pharmacist

Rebecca Miller Wise, Med, PharmD, CGP
Thursdays at 10:30 a.m.
Free to Members

Dr. Wise will present information on a variety of wellness topics and answer questions regarding medications.

Medication Consultations

Rebecca Wise, PharmD
Fridays from 9:00 - 12:00 p.m.
All consultations by appointment
Free to Members; \$75 non-members per hour

Dr. Wise will help you sort through your medications and get a greater understanding of how to take command of your health. Call (814) 453-5072 to make an appointment.

Adaptive Equipment for your Daily Living.

Emily Kaminske, Rehab Coordinator, VNA
Monday, February 27 at 10:30 a.m.
Free

Find out how to use and obtain equipment for self-care tasks which allows you to be safer and more independent. Learn about the types of equipment for safe transfers in and out of the shower, dressing and cooking your favorite soup. **VL**

The Work of Hospital Chaplains

Rev. Harry Johns, VNA, Pastoral Care
Monday, March 13 at 10:30 a.m.
Free

Chaplains lead non-denominational religious services and provide spiritual support to those who are unable to attend organized religious services. Rev. Harry Johns will discuss his work as a Visiting Nurse Association chaplain. **VL**

Is Sugar Ruining Our Health?

David Godoy, RD, LECOM
Medical Fitness & Wellness Center
Wednesday, March 15 at 6:00 p.m.
at the Millcreek Municipal Building
Free

Like it or lump it, few of us get through the day without adding sugar to our daily diet. How much is too much? David will discuss strategies for better health. **AE**

Recognition and Management of Dementia

Amea Weislogel, LECOM, Institute for Successful Aging
Thursday, March 16 at 12:30 p.m.
Free

Worldwide, 47.5 million people have dementia and there are 7.7 million new cases every year. Behavioral disturbances are seen in most patients with dementia at some point in their course. They cause immense patient suffering and are responsible for caregiver stress, institutionalization, and hospitalization. Learn how to identify these behaviors and how to manage it. **VL**

Venous Insufficiency

Jillian Abata, RN, WCC, Program Director
LECOM Institute for Advanced Wound Care
& Hyperbaric Medicine
Monday, March 27 at 10:30 a.m.
Free

Several factors can cause venous insufficiency, though it's most commonly caused by blood clots (deep vein thrombosis) and varicose veins. Even if you have a family history of venous insufficiency, there are simple steps you can take to lower your chances of developing the condition. **VL**

UNIVERSITY SPOTLIGHT SERIES

All lectures offered in this series are FREE.

Living with Parkinson's Disease

David LeVan, DHSc., OTR/L, CSRS,
Occupational Therapy Assistant Professor
and Program Director, Gannon University
Thursday, March 9 at 1:00 p.m.

David will discuss the common challenges experienced by care partners and Parkinson's patients. He will present evidence-based treatments and strategies for improving daily function. He will also lead the audience through simple exercises which help maintain and improve mobility, flexibility and balance.

Litter at Presque Isle State Park

Sarah Bennett, Biology Lecturer, Mercyhurst University
Wednesday, April 5 at 1:30 p.m.

The beaches of Presque Isle are a staple of the Erie community. Beachgoers produce litter that has detrimental outcomes on the natural environment. Cigarette butts are the most abundant form of litter. Sarah will present Adopt-A-Beach program data regarding cigarette butts, specific environmental problems they cause and summer research plans aimed at tracking and reducing this specific form of litter.

LIFELONG LEARNING SERIES DESCRIPTIONS

AE ASK AN EXPERT

All classes offered in this series are FREE. Located at Millcreek Municipal Building featuring speakers from LECOM Health.

CM CREATIVITY MATTERS

The Creativity Matters program is supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

SA STAYING ACTIVE: FITNESS CLASSES

TR TRAVEL

Features speakers from area Universities as part of our University Consortium.

VL VIBRANT LIFE SERIES

All lectures offered in this series are FREE.

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406 Peach Street
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LECOM HEALTH
LIFEWORCS ERIE

**Class sizes are limited.
Pre-registration for all classes
is required.**

Annual membership to LifeWorks Erie is

\$25 for individuals

\$45 for couples

Call **(814) 453-5072**

or visit LifeWorksErie.org
for more information.

 Find us on
Facebook

REGISTER NOW! Call (814) 453-5072 or email lifeworks@lifeworkserie.org.

LECOM HEALTH
LIFEWORCS ERIE

**THE LIFELONG
LEARNING
INSTITUTE**

CULTIVATING OUR CREATIVITY

February 20 – April 7, 2017

**SPRING
SCHEDULE**

SPRING 2017 SCHEDULE

Academic Support Provided by the University Consortium
and Lake Erie College of Osteopathic Medicine



The Lifelong Learning Institute is affiliated with

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Japan: A Cross-cultural Psychology Perspective

Victoria Kazmerski, PhD, Associate Professor of Psychology,
Penn State Behrend
Tuesday, February 21 at 1:00 p.m.
\$5 members; \$8 non-members

Enjoy a visual presentation of some of Japan's greatest cultural sites. Dr. Kazmerski will share her travel experience with a group of college students as they experienced an international psychology conference, heard from Japanese scholars, and experienced Japanese culture. **TR**

Therapeutic Yoga

D.L. Fiscus, Certified Yoga Instructor
Tuesdays and Thursdays, February 21 – March 30
from 4:00 - 5:15 p.m.

\$48 members/\$72 non-members for the 12-session course. Participants must register in advance.

In this 12-session introductory class you will learn yoga postures to tone muscles and increase flexibility. Optimal breathing and synchronization of movement will be emphasized. This particular style of yoga emphasizes adapting, adjusting and accommodating yoga to the individual. Conclude each session with a deep relaxation exercise.

An Educators Perspective of Italy

Karen Lindeman, PhD, Associate Professor
of Early Childhood and Reading, Edinboro University
Thursday, February 23 at 1:00 p.m.
\$5 members; \$8 non-members

Edinboro University education majors and faculty will share stories from their recent trip to Florence, Reggio, Tuscany and Pistoia, Italy. Learn more about the world famous Reggio-Emilia approach to early childhood education (based on the principles of respect, responsibility and community through exploration and discovery in a supportive and enriching environment based on the interests of the children through a self-guided curriculum). **TR**

New Horizons Music Project – Strings and Folk

Judith Wahlenmayer, Strings Director
Janice Marquand, Folk Director
Thursdays, February 23 – April 6 from 4:00 – 6:00 p.m.
\$90 for the semester or \$30 per month

Learn a new string or folk instrument or return to playing an old one through group lessons and performance. **CM**

Chair Massage

Lisa Hughes, RN, BSN/LMT
Tuesday, February 28 and Thursday, April 27
from 10:30 a.m. - 3:30 p.m.
\$15 for 15 minutes or \$30 for 30 minutes

During the first 10 minutes of a chair massage, your blood pressure and heart rate decrease. More than a luxury, a chair massage can boost energy, increase circulation, reduce muscle pain, relieve emotional stress and leave you feeling relaxed and rejuvenated. By appointment.

The Paranormal Pastor

Pastor Robin Swope, Author and Pastor
of the United Church of Christ
Tuesday, February 28 at 6:30 p.m.
\$5 members; \$8 non-members

Join Pastor Swope as he highlights local paranormal legends and discusses his experiences with various paranormal investigations. There will be a question and answer session following the talk.

Seneca Allegany Casino Trip

Wednesday, March 1, departure at 8:30 a.m.
and return by 5:00 p.m.
\$30 members; \$38 non-members

Try your hand at lady luck! Travel by deluxe motorcoach to Seneca Allegany Casino in Salamanca, NY. Receive \$25 in free slot play and a \$5 food voucher. Reservations and payment are due by February 17.

Opioid Epidemic in Erie County

Elizabeth Gillette, MSN, CRNP, FNP-C,
Clinical Nurse Instructor, Edinboro University
Thursday, March 2 at 1:00 p.m.
\$5 members; \$8 non-members

Elizabeth will discuss how opioid medications work, why they are prescribed, the brands available, how to appropriately dispose of unused medication and the opioid epidemic.

Oriental Painting

Esther Hong, Instructor
Wednesdays, March 8 – April 19 from 5:00 – 7:00 p.m.
\$40 members; \$65 non-members

Painting serves as a form of meditation while you create beautiful art. Esther received undergraduate and graduate degrees in Oriental Art in Korea. During this 8-week course, you will learn watercolor techniques for painting bamboo, orchids, plum blossoms and chrysanthemums on rice paper. All supplies are included. **CM**

A History of the English Language

Jerry Trambly, Retired Adjunct Faculty and News Reporter
Thursdays, March 16, 23 and 30 from 1:00 – 3:00 p.m.
\$15 members; \$24 non-members for 3-session course.

In this 3-part class, learn how the English language relates to other world languages and the origins of many common words.

St. Patrick's Day Luncheon and Dance

Friday, March 17 from 11:30 a.m.– 3:00 p.m.
\$15 members; \$20 non-members

Everyone's Irish on St. Patrick's Day! Begin your afternoon with a delicious meal. After lunch, put on your dancing shoes as DJ Ken Olowin keeps us entertained with our favorite tunes. Reservations required; select either a traditional corned beef and cabbage dinner or stuffed tilapia with your reservation and payment by March 10.

Our Final Goodbye: Behind the Scenes Tour

Tuesday, March 21 at 1:00 p.m.
At Burton Funeral Home and Crematory, 602 W. 10th Street
\$5 members/\$8 non-members

Burton's was the first funeral home in Erie county to operate a crematory. Their caring and compassionate staff will give our group a tour of the facility which will include an explanation of both the embalming process and cremation. This is your opportunity to ask any questions you may have about preparing a loved one for their final resting place.

Five Wishes Advance Directive Planning – Part 1

Judith Stanley, MSN, DHS, RN to BSN Program Director,
Mercyhurst University
Wednesday, March 22 at 1:00 p.m.
Free

The term advance directive describes a legal document that enables you to plan for and communicate your end-of-life wishes in the event that you are unable to communicate. Learn more about advance directives and receive a free copy of the Five Wishes document, a legal document that helps adults of all ages to plan for their care.

Music of the World, A Creative Arts Residency

Gyan Ghising, Artist, Erie Arts & Culture
Kelly Armor, Education & Folk Art Director, Erie Art Museum
Thursdays, March 23 – May 4 from 6:30 - 8:00 p.m.
\$10 members; \$15 non-members for the 6-session course.

Every culture uses music to celebrate or to soothe. Experience music, instruments and dance from Nepal, India, Bhutan, Africa and Europe. This course is led by Bhutan master musician, Gyan Ghising and American Folklorist, Kelly Armor with a special guest appearance by Tasana Camara, a West African harper and drummer. The exploratory first session is FREE.

Is the Bible Infallible?

Steven Sullivan, PhD, Assistant Professor of English
and Philosophy, Edinboro University
Friday, March 24 at 1:00 p.m.
\$5 members; \$8 non-members

Biblical inerrancy is the doctrine that the Bible is without error or fault in all its teaching. Over the centuries, this authority has been challenged by the work of scientists and Biblical scholars. Dr. Sullivan will address Biblical inerrancy and what is at stake in its debate. Discussion is encouraged.

Asset Protection and Long-Term Care Issues

Walt Losee, Loyal Christian Benefits Association
Kemp Scales, JD, CELA, Scales Law Offices, LLC
Tuesday, March 28 at 6:30 p.m.
\$5 members; \$8 non-members

Walt and Kemp will discuss the issues seniors and their families face when considering a transition into a long-term care facility or other long-term care option and how they can protect their assets during this transition.

Five Wishes Advance Directive Planning – Part 2

Judith Stanley, MSN, DHS, RN to BSN Program Director,
Mercyhurst University
Wednesday, March 29 at 1:00 p.m.
Free

Dr. Stanley will follow-up with further discussion of the Five Wishes document. There will be time for questions you may have encountered while writing your plan. Learn about the option to have your Five Wishes document notarized and what to do with the document after completion.

Travel to Israel

Heather Lum, Ph.D., Assistant Professor of Experimental
Psychology, Penn State Behrend
Friday, March 31 at 1:00 p.m.
\$5 members; \$8 non-members

Dr. Lum will discuss the cultural and historical sites of Jerusalem, Tel Aviv, Ein Gedi and smaller Israeli cities. Through her professional and personal travel experiences, she will uncover the similarities and differences she found between the U.S. and Israel **TR**

Pre-planning Benefits and Aftercare

Terry Colvin and Joy Knapp,
Burton Funeral Homes & Crematory
Tuesday, April 4 at 6:30 p.m.
Free

Terry and Joy will share the benefits of advanced funeral planning. Burton's offers many options which enable you to secure your assets and guarantee the cost of your personal arrangements. Terry will also discuss the many post-funeral considerations for your loved ones, including wills, insurance and investment needs, taxes and asset management.

Medieval Stained Glass Windows

Beverly Bauer, Retired Teacher
Thursday, April 6 at 2:30 p.m.
\$5 members; \$8 non-members

Beverly will present the history of medieval stained glass and gothic cathedrals with a main focus on France's Chartres Cathedral. Constructed between 1194 and 1220, Chartres is exceptionally preserved, with a giant array of sculpture, both inside and out, and a number of stained glass windows.

Sacred Geometry:

The Architecture of the Universe
Diane Crandall, MFA, Graphic and Interactive Design,
Edinboro University
Friday, April 7 from 1:00-2:30 p.m.
\$5 members; \$8 non-members

Learn to perceive the seemingly hidden patterns that connect life on this planet. Diane will share her sacred journey into cracking the design code of nature, living beings, architecture, color, music and time. You will gain an understanding of how everything is interrelated and universal geometric concepts.