

## HEALTH TALKS

### Tai Chi

**Ed Matthews, Certified Instructor**  
Mondays and Wednesdays at LifeWorks Erie,  
Fridays at the Regency, 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**

### Health Screenings at LifeWorks Erie

Every first and third Monday, 9:30 a.m. – 11 a.m.

Get your weight, blood pressure and pulse checked at no cost! Additional screenings at cost. Blood glucose and cholesterol screenings \$25; blood glucose only screening \$10.

### Fit for Life Fitness Class

**Doug Forne, Certified Fitness Instructor**  
Tuesdays, 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**

### Cardio Fit and Weight Lifting

**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.

Call (814) 453-5072 for dates and topics.

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

### Medication Consultations

**Rebecca Miller Wise, MEd, PharmD, CGP**  
All consultations are by appointment only.  
Please call (814) 453-5072 to schedule.

#### Free to members only

Dr. Wise will help you sort through your medications and gain a greater understanding of your health.

### Keeping an Eye on Your Vision Health

**Dr. Meredith Marcincin, Ophthalmologist, LECOM**  
Wednesday, April 17 at 6:00 p.m.  
Millcreek Municipal Building

Many people believe that their most valuable sense is the sense of sight. Join Dr. Marcincin to learn about the importance of vision screenings, annual eye exams and maintaining good eye health. **AE**

### Script to Scrap Program

**Rebecca Miller Wise, Med, PharmD, CGP, and  
Mary Johnson, Erie County Department of Health**  
Friday, May 3 at 10:30 a.m.

#### Free

Pennsylvania has the third highest accidental drug overdose rate in the country. Learn how unsafe access to prescription opioids leads to accidental overdose. **VL**

### Overview of Mental Illness

**Amea Weislogel**  
Monday, May 13 at 10:30 a.m.

Many people have mental health concerns from time to time. But a mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function. Mental illness refers to a wide range of mental health conditions — disorders that affect your mood, thinking and behavior. Learn about the various different diagnosis. **VL**

### The Importance of Neurorehabilitation of Stroke

**Ryan Lynch, DO**  
Wednesday, May 15 at 6:00 p.m.

#### Millcreek Municipal Building

In this presentation, gain a basic understanding of the types of stroke. You will also learn the treatment of acute strokes and the levels of rehabilitation of strokes and why it is so important. **AE**

## Upcoming Events!

### LifeWorks Erie Summer Picnic

Saturday, June 29, 4:00 – 7:00 p.m.

Save the date and plan to join LifeWorks Erie for a summer picnic. More details coming soon!

### "Come From Away" Musical at Playhouse Square in Cleveland, Ohio; Lunch at Hofbräuhaus Cleveland

Sunday, July 28

\$117 members; \$127 non-members

\$30 deposit is due upon registration,

balance due by Monday, April 15

Includes deluxe motorcoach transportation

Broadway's "Come From Away" has won best musical throughout North America. This is a remarkable, true story of 7,000 stranded airline passengers and how the small town of Gander, Newfoundland, welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night and gratitude grew into enduring friendships. On September 11, the world stopped. On September 12, their stories moved us!

## 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

### VL VIBRANT LIFE SERIES

All lectures offered in this series are FREE.

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(Erie Center on Health and Aging)  
406 Peach Street  
Erie, PA 16507

LECOM HEALTH  
LIFEWORCS ERIE

Annual membership to LifeWorks Erie is

**\$50 for individuals**

**\$95 for couples**

Call **(814) 453-5072**

or visit [LifeWorksErie.org](http://LifeWorksErie.org)

for more information.

 Find us on  
**Facebook**

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

LECOM HEALTH  
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LIFELONG LEARNING INSTITUTE

Colors  
of Spring



**SPRING 2019**  
SCHEDULE

April 1 - May 24, 2019

# SPRING 2019 SCHEDULE

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

## A Smithsonian Tour Through American History

Pat Mayer, Instructor

Tuesdays, April 9 through May 14, 12:30 – 1:30 p.m.

\$5 members; \$8 non-members

Experience America through videos that will showcase authentic historical objects along with detailed replicas and photos of other artifacts and exhibits. Together these items will tell the story of America, its people and its diverse cultures in illustrated half-hour lectures. These videos will be followed by half-hour discussions. Each week will be a different topic. The list of the topics will be distributed at the first meeting.

## Triple Step Swing – Beginner Dance Steps

Don Ray

Tuesdays, April 9 through April 23, 3:00 – 4:30 p.m.

\$15 members; \$25 non-members

Triple Step is a generic term for dance step patterns that describes three steps done on two main beats of music. Usually they are two quick steps and one slow one, i.e., often they are counted as "quick-quick-slow," "one-and-two," "three-and-four," etc.

## Portion Distortion

Elaine Johnson, RD LDN

Wednesday, April 10 at 10:30 a.m.

Free

Prevent portion distortion. Learn how portion sizes have changed and tips for weight management.

## Afternoon Movie Series

Popcorn and snacks provided. Bring your own drinks.

### "Bohemian Rhapsody" (PG-13)

Thursday, April 11 at 12:30 p.m.

\$1 members; \$2 non-members

A chronicle of the rock band Queen, who rose to fame thanks to their revolutionary sound and the theatrics of their front man, the iconic Freddie Mercury, culminating in their reunion for the historic set they played at Live Aid in July 1985. Duration: 2 hours, 14 minutes

### "Book Club" (PG-13)

Thursday, April 18 at 12:30 p.m.

\$1 members; \$2 non-members

Four friends in a book club spice up their routine by reading "Fifty Shades of Grey." With each of them in a different romantic situation, the women gather inspiration and tips for the bedroom and prove they can still do new things later in life. Duration: 1 hour, 44 minutes. THIS MOVIE HAS A MATURE THEME FOR ADULT AUDIENCES.

## "Mama Mia! Here We Go Again" (PG-13)

Thursday, April 25 at 12:30 p.m.

\$1 members; \$2 non-members

A young woman grapples with running her mother's villa while expecting her first child and worries she won't be able to handle everything on her own. She enlists two of her mother's friends for help and guidance. Along the way, she learns more about her mother's past and faces a surprise visit from her grandmother. Duration: 1 hour, 50 minutes

## Sail on the Titanic

Gary Loncki, Communication Director, Sister of St. Mercy

Friday, April 12 at 1:00 p.m.

\$5 members; \$8 non-members

Join Gary as he discusses the famous ship that sailed, hit an iceberg and sank beneath the North Atlantic early on April 15, 1912.

## Book Club

Tuesdays, April 16 and May 21 at 12:00 p.m.

Free

Participants will receive a book and enjoy a lively group discussion.

## Chakra Meditation

Beth Ann Church, Life Coach and Reiki Master Teacher

Monday, April 22 at 2:00 p.m.

\$5 members; \$8 non-members

Chakra refers to energy points in your body thought to be spinning disks of energy that should stay "open" and aligned, as they correspond to bundles of nerves, major organs and areas of our energetic body that affect our emotional and physical well-being. After a brief introduction, enjoy a relaxing, refreshing meditation, including basic breath work, color and visualizations. Feel free to wear comfortable clothing. This meditation can be done in a chair.

## Food for Life – A Diabetic Series

Class 2: The Power of your Plate and Grocery Cart

Lisa Rose, Vegan Lifestyle Coach and Educator

Wednesday, April 17, 2:00 – 4:00 p.m.

\$30 per class for members; \$35 per class for non-members

Gain the knowledge and resources to try a new way of eating. By using the tools provided, participants often experience better blood sugar levels, weight loss and other health benefits within a surprisingly short time. Create your own weekly meal planner and learn how to navigate the grocery store to find treasures (and avoid troublemakers). Discuss common concerns, including how to prevent and treat low blood sugar for those taking certain medications, and how to ease the transition into a filling, high-fiber way of eating. Taste some staples you'll want to bring home.

## The Benefits of Dry Salt Therapy (Halotherapy)

Kathy Sheraw Taylor, Owner of Aki Salt Room, Colony Plaza

Wednesday, April 24 at 10:30 a.m.

\$5 members; \$8 non-members

Kathy will talk about the benefits of dry salt, or halotherapy. This therapy utilizes a machine that grinds pharmaceutical-grade salt into breathable particles and disperses it into the air. As you breathe normally, these tiny particles go deeply into the lungs, nasal passages and sinuses, helping to thin congestion while supporting the immune system. She will explain the many benefits to be gained from this deep relaxation therapy.

## Brain Grooves

Christine Serfozo, Instructor, Alzheimer's Association

Fridays, April 26 through May 31, 10:00 – 11:00 a.m.

Free

This class is designed for those living with early stage Alzheimer's or related dementia and their care partners. You will be guided through simple, fun, problem-solving experiments using movements that stimulate brain growth and decrease symptoms such as depression. Activities will range from breathing exercises and seated movement to spatial exploration. Space is limited. Registration with a screening is required. CM

## Basic Russian Language

Kathryn Duda, Mercyhurst University

Fridays, April 26 through May 31 at 2:00 p.m.

\$5 members; \$8 non-members

In six weeks, students will be able to greet one another, introduce themselves and order basic items on a menu. Students will also gain familiarity with the Cyrillic alphabet and write their own names in Russian.

## Undercover Narcotics and Covert Operations

Alan McGill, Senior Supervisory Special Agent,

Attorney General's Office

Tuesday, April 30 at 12:30 p.m.

Free

Agent McGill will discuss his 30-year career, including his start as a "white collar crime" undercover operative. He was also a police officer and spent 11 years as an undercover narcotics agent. The discussion will include how the public has helped – and can continue to help – law enforcement protect Pennsylvanians and keep our communities safe.

## Chronic Disease Self-Management Workshop

LifeWorks Erie, 406 Peach Street

Thursdays, May 2 through June 6, 5:00 – 7:30 p.m.

Free

Unsure how to best handle an ongoing health condition? Discover fresh ways to live better and healthier. Learn techniques to cope with frustration, fatigue and pain; exercises for maintaining and improving strength, flexibility and endurance; and how to communicate effectively with family, friends and health professionals. Call to RSVP.

## Chair Massages

Lisa Hughes, RN, BSN/LMT, Sole Proprietor of Intuitive

Touch Massage

Tuesday, May 7 (by appointment only)

\$30 for 30 minutes; \$50 for 1 hour

Call LifeWorks Erie to schedule a relaxing chair massage.

## Spectacular Sights Appearing in a Sky Near You

Kerry Moyer, Edinboro University

Wednesday, May 15 at 12:30 p.m.

\$5 members; \$8 non-members

Earth's atmosphere is capable of producing dramatic clouds and putting on dazzling light shows. From storm clouds to rainbows, see some of the best examples of our atmosphere at work while gaining insight into how these intriguing features form.

## Food for Life – A Diabetic Series

Class 3: Understanding Type 2 Diabetes

Lisa Rose, Vegan Lifestyle Coach and Educator

Wednesday, May 15, 2:00 – 4:00 p.m.

\$30 per class for members; \$35 per class for non-members

New studies show reducing the fat we eat helps reduce the fat that can build up in muscle cells, which can improve the body's ability to use insulin. Common dietary fat-lowering techniques such as taking the skin off the chicken or switching to low-fat milk are not enough to reduce the total amount of fat for many people to repair this underlying problem in Type 2 diabetes. Fortunately, Power Plate foods are naturally low in fat. Sample several flavorful dishes that are sure to become favorites. There's a chance you won't even miss the fat.

## UNIVERSITY SPOTLIGHT SERIES

All lectures offered in this series are FREE.

### Why Would a Perfect God Allow Horrendous Evil?

An Introduction to the Problem of Evil

Stephen J. Sullivan, PhD, Associate Professor,

Edinboro University English and Philosophy

Department

Thursday, April 4 at 2:00 p.m.

The problem of evil has been much discussed since Biblical times; it is the subject, for example, of the Book of Job, which asks how there can be a perfect God if there is evil in the world—especially horrendous evil, such as the suffering and premature death of innocent children. In this presentation, Dr. Sullivan will explain how the problem of evil arises, draw some important distinctions that it involves, and examine a variety of theodicies and other attempts to solve or dissolve it.

### Dr. Heather Kenny, Associate Professor,

Early Childhood and Reading, Edinboro University

Wednesday, May 1 at 10:30 a.m.

Leonardo da Vinci, Albert Einstein, Keira Knightly, Steven Spielberg, Jamie Oliver—what do all these extraordinary individuals have in common? Dyslexia! Dyslexia is both a gift and a hidden disability that affects approximately 20% of our population. Yet despite its prevalence, dyslexia remains widely misunderstood. In her talk, Dr. Kenny will explore characteristics associated with dyslexia as well as debunk some commonly held misconceptions.

## All An Act Production of "Squabbles" and Dinner

Friday, May 17, 5:30 p.m. dinner at The Brewerrie (on your own)

and 7:30 p.m. production of "Squabbles"

\$10 per person

This hilarious play pits a father-in-law against a mother-in-law in a comedic succession of squabbles. Dinner at The Brewerrie (on your own) at 5:30 p.m. is followed by the play at All An Act Theater. LECOM transportation will pick you up from LifeWorks Erie at 5:00 p.m. to take you to The Brewerrie, to the theater and back to LifeWorks Erie after the production. Seats are limited.

## "The Entertainers"

Wednesday, May 22 at 10:30 a.m.

Free

In celebration of Older Americans Month, come and enjoy a performance of talented older adults from our community.

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



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