

UNIVERSITY EXPRESS



SPRING
2021

Lifelong Learning for Adults Age 55+

ERIE COUNTY DEPARTMENT OF
SENIOR SERVICES NY CONNECTS

858-8526

ERIE.GOV/SENIORSERVICES

FREE VIRTUAL CLASSES

ON CURRENT AFFAIRS,
HISTORY, SCIENCE, THE ARTS,
WELLNESS, AND MORE!



UNIVERSITY EXPRESS IS BROUGHT TO YOU THROUGH A COLLABORATION OF:

Wegmans



ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES



**BlueCross BlueShield
of Western New York**



YOU WAIT FOR NO ONE. SO WHY WAIT FOR BETTER COVERAGE?

RIGHT NOW, YOU CAN SWITCH TO OUR 5-STAR MEDICARE ADVANTAGE PPO PLAN.

It was awarded the highest overall rating by Medicare for 2021. Plus, you'll get one of the best local and national networks for a **MONTHLY PREMIUM AS LOW AS \$25**. Find out why more of your neighbors have chosen Blue over the last three years than any other plan.*



SWITCH TODAY 1-866-672-3986 (TTY 711)

bcbswny.com/5star



**BlueCross BlueShield
of Western New York**

MEDICARE

*Based on CMS enrollment data (see [cms.gov](https://www.cms.gov)).

Highmark Blue Cross Blue Shield of Western New York and BlueCross BlueShield of Western New York (BCBSWNY) are trade names of Highmark Western and Northeastern New York Inc., an independent licensee of the Blue Cross Blue Shield Association. BCBSWNY is a Medicare Advantage plan with a Medicare contract and enrollment depends on contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. BCBSWNY complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-833-735-4515 (TTY 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-833-735-4515 (TTY 711)。

Y0086_MRK3224_M

TABLE OF CONTENTS

Welcome Letter	5
How to Register.....	6
Class Listings by Topic	
Current Affairs	7
Environment.....	8
History.....	9
Humanities.....	12
Law and Finances.....	13
Science and Medicine	15
Wellness	17



JOIN THE MOVEMENT!

There's a revolution happening in joint replacement and Excelsior Orthopaedics is leading the way. Success rates are high, recovery times are low, and in some instances you can get a new knee, hip, or shoulder without ever setting foot in a hospital. In addition to having nationally recognized surgeons and facilities, Excelsior is pioneering an approach that puts patients in charge. And that's revolutionary. Appointments are available just as soon as you are, so there's no reason to wait.

TO LEARN MORE, CALL 716-250-6513 OR VISIT WWW.NEWJOINTNOW.COM

 **Excelsior Orthopaedics™**



Wegmans
pharmacy

It's easy to switch!

Transfer your prescriptions
today either in-store or at
wegmans.com/transferRx

Welcome Back!

Welcome to our spring 2021 hybrid semester! We're excited about how our program has adapted to the ever-changing environment. Since moving to the hybrid format, we've increased our average number of class participants and have added new instructors. We're dedicated to providing you with a meaningful learning experience.

Please flip through to see what we'll be offering this semester. Visit our website at **erie.gov/universityexpress** to register for classes and check out the list of sites holding showings. We hope you enjoy what we have for you!



Stay well,

David J. Shenk
Commissioner

Erie County Department
of Senior Services



**ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES**

Senior Services: How We Serve You

Join for a lesson on
what Senior Services
does and how you
can access services.

Date: Friday, May 21st

Time: 2 pm

Register:

erie.gov/universityexpress



Not sure where to start?
Start with us!

Call: 716-858-8526

Visit: erie.gov/seniorservices

HOW TO REGISTER FOR A UNIVERSITY EXPRESS CLASS

1) Read through the catalog to see what interests you.

All University Express classes are free and livestream online using Webex. Some classes may be recorded and posted on our website at a later date.

2) Decide if you want to participate from home or out in the community.

There may be locations showing the classes you're interested in. Visit our website to see who might be participating. Remember circumstances may be subject to change.

Please note: You must register for an in-person showing at participating locations by contacting them to get on the list, as slots will be limited.

3) Make sure you have the right technology.

You can access livestreaming classes from your smartphone, tablet, or computer.

We'll send you a Webex link once you register. You may also phone in if you'd just like to listen to the presentation. Visit our website or call for more information.

4) Register for the classes that interest you.

Visit our website to complete the registration process for the classes you've selected.

You'll receive an email confirming your registration status. Call our office for assistance if you don't have internet access.

5) Participate in the classes you registered for!

Once your registration is accepted, you'll receive email reminders before the class is scheduled. Visit our website for instructions on how to join a class. Please remember to register ahead of time for an in-person showing, as slots are not guaranteed.

Website: erie.gov/universityexpress | **Phone:** (716) 858-7605

Diversity in Western New York

Learn the difference between refugees, immigrants, and asylum seekers; the process they go through to come to the US; and the challenges when they arrive.

Instructor: May Shogan, director of international exchanges and education, International Institute of Buffalo

Thursday, May 6 10 a.m.

Vaccines: What You Need to Know

Discuss the science, history, and impact of vaccination, including those for COVID-19, influenza, pneumonia, and shingles.

Instructor: Shauna Zorich, clinical assistant professor, University at Buffalo School of Public Health and Health Professions

Tuesday, June 22 10 a.m.

Turkey's Changing Role between the West and the Middle East

Hear an overview of Turkey's shifting policies and analyze the ideological and pragmatic factors that drive President Erdogan.

Instructor: Mustafa Gökçek, PhD, associate professor, history department, Niagara University

Wednesday, May 19 10 a.m.

Greater Buffalo Racial Equity Roundtable

Learn about the work being done by the Roundtable to bring equity and prosperity to our region. We'll discuss who is at our table, our strategies, and how you can help.

Instructor: Felicia Beard, senior director of racial equity initiatives, Community Foundation for Greater Buffalo

Monday, June 28 10 a.m.



healthy tip

Reconnect with your health and wellness goals by getting outside. Spring is a great time for hiking, biking, and exploring the great outdoors.

The Olympics

Learn the history, traditions, and rituals of the Olympic Games.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School

Wednesday, June 23 10 a.m.

Digital Wallets

How do apps like Apple Pay, Venmo, and PayPal work? What are the safeguards? Join us to find out.

Instructor: Adam Goldfarb, ChFC, financial advisor, RJFS; chief sustainability officer, Goldfarb Financial Team

Tuesday, May 18 10 a.m.

Debunking Dangerous and Ineffective Health Scams and Treatments

We'll review the history of health scams, learn about current scams, and debunk dangerous and ineffective practices.

Instructors: Kelly Asher, Community Coalition coordinator; Julia Gruspier, public health educator, Erie County Department of Health

Friday, June 4 2 p.m.

What's the Big Deal with 5G?

Internet-connected mobile devices have revolutionized communication, shopping, and information consumption. What is 5G and what does it mean for our online lives?

Instructor: Chuck Banas, web services technical liaison, Erie County

Thursday, June 3 10 a.m.



Excelsior Orthopaedics healthy tip

A good workout can cause muscle damage, resulting in inflammation. Studies suggest a cup and a half of tart cherries or one cup of juice significantly reduces muscle soreness.

CURRENT AFFAIRS

Challenges to Native Well-Being: Trauma and Community History

Learn about the seldom-recognized aspects of history that have not been favorable for many Native people and communities.

Instructor: Pete Hill, special initiatives coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

Thursday, May 20

2 p.m.

Post-Pandemic Technology: Is the Playing Field Even?

How has our technology literacy and use changed due to the pandemic? Have we caught up to the younger generation? We'll look at whether generations still differ on the preferred way to communicate.

Instructor: Marian Deutschman, PhD, professor emerita of communications, Buffalo State College

Thursday, May 6

2 p.m.

Biden's Administration and New South Asian and Middle Eastern Realities

Historically close relations with Middle Eastern countries have made a great economic impact on the entire world, raising concerns in Washington, D.C.

Instructor: Faizan Haq, communication department faculty, Buffalo State College; founding president, Western New York Muslims

Wednesday, July 14

2 p.m.

Why Trade is Good and Trade Wars Aren't: Lessons from the Past

Review the basics of trade theory and consider why governments may choose to restrict trade, despite economic losses.

Instructor: Elena V. McLean, PhD, associate professor of political science, University at Buffalo

Monday, July 12

2 p.m.

ENVIRONMENT

So ... What Happens after I Flush?

Sewer systems are critical for the protection of public health and the environment. They also support our economy.

Instructor: Joseph Fiegl, PE, BCEE, deputy commissioner, Erie County Department of Environment and Planning, Division of Sewerage Management

Thursday, May 13

10 a.m.

Integrated Pest Management

Take an environmentally responsible and common-sense approach to solving gardening problems based on science and experience, including managing garden pests and diseases.

Instructor: Lyn Chimera, master gardener, Cornell Cooperative Extension; owner, Lessons from Nature

Tuesday, June 1

10 a.m.

Heirloom Gardens

Heirloom gardening uses plants and seeds from an earlier era. But it's also about gardening with a sense of history and nostalgia.

Instructor: Peggy Koppmann, master gardener, Cornell Cooperative Extension

Friday, May 7

10 a.m.

Caring for Your Houseplants

Learn how to properly care for your houseplants so they thrive all year long.

Instructor: Linda Mayer, master gardener, Cornell Cooperative Extension

Wednesday, July 7

2 p.m.

ENVIRONMENT

Let's Get Composting!

Learn the science and benefits of composting. We'll cover what materials you can compost and how you can get started today.

Instructors: Gary Carrel, solid waste recycling specialist; Amy Alduino, recycling coordinator, Erie County Department of Environment and Planning, Division of Environmental Compliance Services

Thursday, May 27

10 a.m.

Plastic This and Plastic That

Learn about the kinds of plastics that are recyclable and the best ways to responsibly reuse or dispose of them.

Instructors: Gary Carrel, solid waste recycling specialist; Amy Alduino, recycling coordinator, Erie County Department of Environment and Planning, Division of Environmental Compliance Services

Friday, June 18

2 p.m.

Wegmans healthy tip

Stock your kitchen with foods that deliver on both flavor and health. Keep fresh and frozen produce, beans, and whole grains on hand to help you feel your best.

Green Energy Can Save You Money!

Learn about the Climate Protection Act. It provides ways for some New Yorkers to save money on their heat and electricity while protecting the environment and reducing greenhouse gas emissions.

Instructor: Jane Cameron, attorney and ECLIPSE coordinator for Erie County

Monday, May 10

10 a.m.

Scent Gardening

Scent is a typically forgotten aspect of gardening. From in-ground gardening to patio pots, there are many plants that exude fragrance both day and night.

Instructor: Pati Aine Guzinski, master gardener, Cornell Cooperative Extension

Friday, May 14

2 p.m.

Erie County and the New Energy Landscape

Learn more about renewable energy developments with a focus on how Erie County is decreasing its carbon footprint.

Instructors: Josh Wilson, pollution prevention coordinator, Erie County Department of Environment and Planning; Reed Braman, director of energy development, Erie County Department of Public Works

Monday, May 17

2 p.m.

HISTORY

Four Deployments

Hear about the realities of combat and experiences from four deployments with medical teams to the Middle East.

Instructor: David Shenk, commissioner of Erie County Senior Services; Detachment Sergeant, 7207th Medical Support Unit

Part I: Desert Storm (1990–1991) and the Iraqi Freedom 2003 initial invasion

Wednesday, May 26

2 p.m.

Part II: Eastern Afghanistan (2010–2011) and Kuwait (2013–2014)

Monday, June 14

2 p.m.

The Larkin Soap Company

Learn the history of this small soap factory turned multimillion-dollar company.

Instructor: Shane E. Stephenson, director of museum collections, Buffalo & Erie County Naval and Military Park; owner, Archives in the Buff

Thursday, May 27

2 p.m.

Rock 'n' Roll Buffalo

Review the musicians, bands, DJs, and clubs that ushered rock music into the Buffalo area.

Instructor: Rick Falkowski, author, founder, Buffalo Music Hall of Fame

Tuesday, June 15

2 p.m.

Crystal Beach

Return to Crystal Beach through a collection of photographs and postcards from the park's beginning in 1888 to its final year in 1989.

Instructor: Rose Ann Hirsch, amusement park historian, carousel restorer

Wednesday, June 16

2 p.m.

The Early Women of Lily Dale: Spiritualists, Suffragists, and Psychic Healers

Hear about key female figures in the early history of Lily Dale and their contributions to the early modern spiritualist community.

Instructor: Rosanne Higgins, PhD, author; adjunct professor of anthropology, University at Buffalo

Friday, July 2

10 a.m.

Discovering Buffalo One Street at a Time: Part IV

In Part IV, we'll continue to learn about the people behind the names of Buffalo's streets — the man who founded Juneteenth, the lady who dared build her own home, and more!

Instructor: Angela M. Keppel, AICP, project planner, Buffalo Place

Wednesday, July 7

10 a.m.

Wegmans healthy tip

Support a healthy immune system by enjoying foods like seafood, fruits, and veggies.

Genealogy 101

Jump-start your genealogy with this introduction to family history research — major genealogy concepts, types of records used, and the genealogy resources available.

Instructor: Rhonda Hoffman, genealogy specialist, Buffalo & Erie County Public Library

Wednesday, May 5

2 p.m.

Getting Started with Italian Genealogy

Learn what your first steps in genealogy research should be and how to use popular Italian genealogy websites.

Instructor: Rhonda Hoffman, genealogy specialist, Buffalo & Erie County Public Library

Wednesday, June 2

2 p.m.

Suffragist Alice Paul and the Notorious Occoquan Workhouse

We'll discuss this leader of the National Woman's Party and the Occoquan Workhouse, including several prominent women who were involved in the cause.

Instructor: Linda Drajem, PhD, retired English teacher; memoirist

Tuesday, May 11

2 p.m.

Presidents in Buffalo

How many presidents have come to Buffalo either before, during, or after their terms? Which presidents had a significant impact on the city?

Instructor: Bren T. Price Sr., retired educator; trustee, Buffalo Presidential Center; master docent, Explore Buffalo

Tuesday, May 18

2 p.m.



People who exercise regularly are less likely to experience depression, weight gain, sleep disturbance, diabetes, high cholesterol, high blood pressure, and cancer.

Nikola Tesla: How He Transformed Civilization

Hear the forgotten story of Nikola Tesla, the Serbian-born engineer and physicist whose accomplishments started in Buffalo.

Instructor: Francis S. Lestingi, PhD, professor emeritus of history of science and physics, Buffalo State College; president and cofounder, Buffalo Niagara Nikola Tesla Council, Inc.

Wednesday, May 12

2 p.m.

Roundabouts

Compare the origin of the modern roundabout with its predecessor, the traffic circle.

Instructor: Ken Kuminski, licensed professional engineer

Monday, July 12

10 a.m.

The Vanishing Ditch: The Story of the Original Erie Canal

What we think of today as the Erie Canal bears almost no resemblance to the first Erie Canal. We'll focus on the story of the original canal, which was built between 1817 and 1825.

Instructor: Mary Durlak, writer/editor; docent and volunteer, Explore Buffalo; Erie Canal enthusiast

Wednesday, June 30

10 a.m.

History of the Buffalo Mafia

Examine the crime unit through its formation in Sicily, emergence in Western New York, and demise as the 20th century ended.

Instructor: Lee Coppola, retired journalist; assistant US attorney; academic dean

Friday, July 16

10 a.m.

Inside the White House

The White House is an enduring symbol of the US. Learn about its history and role and explore how the building has changed over time.

Instructor: Courtney Speckmann, board trustee, Buffalo Presidential Center; director of education, Buffalo & Erie County Naval & Military Park

Tuesday, June 22

2 p.m.

Cults, Sects, and "Fringe Groups" in American History

Exclusive, focused social groups with rare or theological ideologies are common throughout history. Why do people join such organizations?

Instructor: Phillips Stevens, PhD, associate professor of anthropology emeritus, University at Buffalo

Monday, June 21

2 p.m.

The Anthropology of Conspiracy Theories

Belief in hidden forces plotting to subvert our way of life is universal and probably has its roots in the evolution of human sociality.

Instructor: Phillips Stevens, PhD, associate professor of anthropology emeritus, University at Buffalo

Tuesday, July 13

10 a.m.

History of North Tonawanda Amusement

Join the Herschell Carrousel Factory Museum for a history of the four North Tonawanda Amusement Companies, their products, and the legacy they left behind.

Instructor: Ian K. Seppala, interim director, Herschell Carrousel Factory Museum

Thursday, July 8

2 p.m.

Dr. Francis Fronczak and Environmental Justice in Progressive-Era Buffalo

Examine the role of public health care professionals in Buffalo's immigrant communities during the early 20th century — in particular, Dr. Fronczak, commissioner of public health from 1910 to 1947.

Instructor: Andrew Kier Wise, PhD, professor of history and director of the Center for Polish Studies, Daemen College

Wednesday, June 9

2 p.m.

HISTORY

Pioneer Gallery Tour

The Pioneer Gallery at the Buffalo History Museum examines not only the early events on the Western New York frontier, but also the day-to-day dealings of Buffalo's earliest settlers.

Instructor: Patrick F. Ryan, education coordinator, Buffalo History Museum

Friday, July 9

2 p.m.

The Electoral College

Look at the founding fathers' compromise that resulted in the creation of the Electoral College and consider if this system is still needed and relevant.

Instructor: Len Lenihan, political analyst; former community and political leader

Friday, July 16

2 p.m.

Trailblazing Women of Western New York: The Monument Project

Learn about the hidden stories of three pioneering women and how they will be honored by monuments in the community.

Instructor: Karen King, PhD, commissioner of public advocacy; executive director, Erie County Commission on the Status of Women

Friday, June 11

2 p.m.



healthy tip

Remember to practice social distancing, wear your mask, and wash your hands to help stay healthy through COVID-19.

HUMANITIES

International Travel Photography

Discover picturesque locations around the world while you learn how to take better travel photos.

Instructor: John Harrigan, PhD, professor of communication and media arts, SUNY Erie Community College

Thursday, June 17

10 a.m.

JoAnn Falletta: My Journey with the BPO

What does the conductor of an orchestra do? What does it feel like to be right in the middle of the enormous sound of the Buffalo Philharmonic?

Instructor: JoAnn Falletta, music director, Buffalo Philharmonic Orchestra

Monday, May 10

2 p.m.

Creating to Cope

Have you been in a "brain fog" this past year? You're not alone. Learn how humans have long used art as a means of both expression and coping.

Instructor: Jean Serusa, BS, MS, certified New York State art educator

Tuesday, May 25

2 p.m.

Quirky Portraits

These works of art can be very entertaining, as you'll see from many examples throughout history. Have your sketch pad handy to draw your own quirky portrait.

Instructor: Jean Serusa, BS, MS, certified New York State art educator

Friday, May 21

10 a.m.

HUMANITIES

The Poetry of Mary Oliver

Oliver's pure observations and how these thoughts reflect on our lives make her writing special. We'll read "Wild Geese" and other poems to see what she sees.

Instructor: Jim Banko, retired English teacher, Buffalo Public Schools

Tuesday, May 4

2 p.m.

Robert Frost

We'll talk about the beloved poet's most famous poems and others to discover his insight into what it meant to be alive.

Instructor: Jim Banko, retired English teacher, Buffalo Public Schools

Tuesday, June 29

2 p.m.

Behind the Curtain

Hear from local Western New York actors as they discuss how they break down Shakespeare's text, dive into a script, and bring the Bard to life onstage each summer on Shakespeare Hill.

Instructor: Grace Aroune, community outreach coordinator, Shakespeare in Delaware Park

Tuesday, July 6

2 p.m.

LAW AND FINANCES

Understanding Veterans Benefits

Find out about the federal, state, and local benefits for which veterans, current service members, and their families may be eligible.

Instructor: Felice Krycia, veterans service officer, Erie County Veterans Service Agency

Tuesday, June 8

10 a.m.

Maximizing Your Finances in the Age of COVID

We'll focus on changes to benefits older adults commonly qualify for due to the pandemic — including SNAP and HEAP. Come prepared with an idea of your household income.

Instructors: Rachael Vega, senior case manager, Erie County Department of Senior Services

Tuesday, May 4

10 a.m.

Veteran Treatment Courts

Judge Robert Russell, Jr., established the first Veterans Treatment Court in the world in Buffalo. This evolved into a nationwide movement with over 600 courts serving more than 35,000 veterans.

Instructor: Patrick W. Welch, PhD, Buffalo Veterans Treatment Court; senior mentor, Justice for Vets, National Faculty

Thursday, May 13

2 p.m.

POA: What You Need to Know

Power of attorney is an important legal document that is an essential part of planning for later life. Understanding its specific powers and limitations is vital.

Instructor: Sarah Duval, Esq., supervising attorney, Center for Elder Law & Justice

Wednesday, June 9

10 a.m.

Debt!

Join us for a talk about credit cards, student loans, reverse mortgages, and more. We'll discuss what your credit score means, what impacts it, and how to improve it.

Instructor: Adam Goldfarb, ChFC, financial advisor, RJFS; chief sustainability officer, Goldfarb Financial Team

Wednesday, May 26 10 a.m.

Tenants' Rights

We'll cover the topics of tenants' rights along with an overview of the changing eviction landscape as a result of the COVID-19 pandemic.

Instructor: Kevin Quinn, Esq., supervising attorney, Center for Elder Law & Justice

Friday, May 14 10 a.m.

Protecting Your Health Care Identity

Get the inside scoop on how to avoid the latest scams, how Medicare fraud affects you, and how the Senior Medicare Patrol can help.

Instructor: Beth Nelson, director, NYS Senior Medicare Patrol

Wednesday, May 19 2 p.m.

Health Insurance FAQs

Learn the answers to the health insurance and long-term care insurance questions you've always had but were afraid to ask.

Instructor: Bill Daniels, coordinator of insurance outreach, Erie County Department of Senior Services

Monday, June 28 2 p.m.

What Is a Trust and Who Needs One?

It's a misconception that trusts are complicated, expensive, and only for the wealthy. This simple exploration is free of legalese and includes a Q&A session.

Instructor: Valerie Stanek, Esq., CFP, attorney at law; certified financial planner

Wednesday, June 30 2 p.m.

Transferring Real Estate

We'll look at the advantages and pitfalls involved in the various strategies for passing a house, cottage, or rental property to your heirs.

Instructor: Valerie Stanek, Esq., CFP, attorney at law; certified financial planner

Wednesday, June 16 10 a.m.



Yard work can be strenuous. Be sure to stretch your shoulders, hips, and knees as you would before other exercises. A quick warm-up beforehand will get the blood flowing to your muscles and joints to make stretching easier.



Exercising your mind is just as important as exercising your body. Meditation can enhance emotional health, improve sleep, and even lower blood pressure. Try deep breathing exercises or yoga.

Opioid Overdose Recognition and Naloxone Use

Learn the signs and symptoms of an opioid overdose and how to reverse it.

Instructor: Cheryll Moore, medical care administrator, Erie County Department of Health

Thursday, May 20 10 a.m.

Our Predictable Universe

We've been able to observe aspects of the universe that experiments on Earth alone could never have revealed. Learn more about these observations and the gaps that remain.

Instructor: Rance Solomon, PhD candidate, department of physics, University at Buffalo

Monday, May 24 10 a.m.

Vitamin D: The Sunshine Vitamin

Learn why this vitamin is necessary for our bodies and ways to increase our levels.

Instructor: Darcie Hanson, RN, clinical coach, BlueCross BlueShield of Western New York

Wednesday, May 5 10 a.m.

Where on Earth Am I? How Cell Phones and GPS Pinpoint Location

We'll cover how the location technology we rely on works and how it can fail.

Instructor: Lisa Matthies-Wiza, director of geographic information services, Erie County Department of Environment and Planning

Tuesday, June 15 10 a.m.

What is Prediabetes?

We'll talk about the risk factors, testing, and ways to help prevent type 2 diabetes. You'll leave with nutritional tips and exercise ideas.

Instructor: Darcie Hanson, RN, clinical coach, BlueCross BlueShield of Western New York

Wednesday, June 2 10 a.m.

High Blood Pressure: Know Your Numbers

Learn about the ranges for high blood pressure, risk factors, and treatment paths.

Instructor: Darcie Hanson, RN, clinical coach, BlueCross BlueShield of Western New York

Tuesday, June 29 10 a.m.

Living with Anxiety

We'll discuss the types of anxiety, how anxiety can impact us, and ways to cope.

Instructor: Mark O'Brien, LCSW-R, commissioner, Erie County Department of Mental Health

Monday, May 3 10 a.m.

Let's Talk about Depression and Suicide

We'll cover the signs and symptoms of depression and what treatment can look like. We'll also discuss the risk factors for suicide and where to get help.

Instructor: Mark O'Brien, LCSW-R, commissioner, Erie County Department of Mental Health

Monday, May 17 10 a.m.

Brain Games III

Enjoy an hour of new games that challenge your brain and teach you strategies to think in a different way.

Instructor: Theresa Wiater, retired teacher, Clarence Center Elementary School

Wednesday, May 12 10 a.m.

Plant Power! The Benefits of a Whole-Food, Plant-Based Diet

Compare vegetarian, vegan, and plant-based ways of eating for health, disease reversal, and prevention.

Instructor: Jennifer Kuhrt, population health manager, BlueCross BlueShield of Western New York

Monday, June 7 10 a.m.

All about Supplements

Learn the myths and truths about supplements. Do they work? How do they work? Are they safe?

Instructor: Mark S. Lenard, RPh, pharmacist,
Mobile Primary Care

Thursday, June 10 10 a.m.

I Have My DNA for Genealogy Test Results, Now What?

Find out how to sort, search, and compare your DNA matches using popular DNA for genealogy websites.

Instructor: Rhonda Hoffman, genealogy specialist,
Buffalo & Erie County Public Library

Thursday, June 17 2 p.m.

History of Public Health

From the identification of mumps in ancient Greece to social distancing during today's pandemic, public health has been prevalent for thousands of years.

Instructors: Kelly Asher, community coalition coordinator;
Julia Gruspier, public health educator, Erie County
Department of Health

Tuesday, June 8 2 p.m.

Reading the Food Label

Understanding food labels is the key to smart shopping. Learn how to make sense of the food label, read the ingredients, and decipher front-of-package health claims.

Instructor: Jennifer Johnson, health promotion coordinator,
BlueCross BlueShield of Western New York

Monday, May 3 2 p.m.

Fat Facts

Learn which fats are the healthiest, which to limit, and which to add to your meals without sacrificing taste.

Instructor: Jennifer Johnson, health promotion coordinator,
BlueCross BlueShield of Western New York

Monday, May 24 2 p.m.

Medical Encounters: How to Make the Most of Your Visit

Are you unsure of questions to ask your doctor about your health or how to ask? Learn how to create a successful partnership. Submit general questions and concerns before the session.

Instructors: Lito Gutierrez, MD, member of the NYS Public Health and Health Planning Council; Elisabeth Zausmer, MD, FACP

Monday, June 21 10 a.m.

Milk vs. Milk Alternatives

Learn how cow's milk and milk alternatives compare nutritionally and dispel some common myths about traditional dairy products.

Instructor: Jenny Ferrentino, MS, RDN, Wegmans nutritionist

Thursday, June 24 10 a.m.

Immunotherapy

Immune responses can effectively control some human cancers. Harnessing these responses can impact the lives of those who have cancer or are at risk.

Instructor: Sharon Evans, PhD, professor of oncology,
Roswell Park Comprehensive Cancer Center

Friday, June 25 10 a.m.

Healthy Living for Your Brain and Body: Tips from the Latest Research

We'll cover cognitive activity, physical health and exercise, diet and nutrition, and social engagement, as well as steps to improve or maintain overall health.

Instructor: Alzheimer's Association, Western New York Chapter

Friday, May 7 2 p.m.



Excelsior
Orthopaedics. healthy tip

Vitamin D is necessary for strong bones and muscles. Without it, our bodies cannot effectively absorb calcium. Aim for at least 1,000 IU per day from diet or sunlight.

SCIENCE AND MEDICINE

Understanding and Responding to Dementia-Related Behavior

We'll provide information and resources to help dementia caregivers decipher behaviors and determine how best to respond.

Instructor: Alzheimer's Association, Western New York Chapter

Wednesday, June 23

2 p.m.

Metamorphosis

We'll understand what metamorphosis is and why it occurs or doesn't throughout nature.

Instructor: Carol Ann Harlos, master gardener, Cornell Cooperative Extension; retired math and science teacher

Friday, June 4

10 a.m.

Feeling Well While Knowing Food

What is our relationship with food? How does food define our well-being and how can we make food help us heal faster from our ailments?

Instructor: Riffat Sadiq, MD, president and CEO of WNY Medical, PC

Thursday, July 15

2 p.m.

Is PT for Me?

Hear the advantages of physical therapy and how just a few sessions can lessen your pain and improve your quality of life.

Instructor: Jeannethe King, PT, DPT, ATC, Excelsior Orthopaedics

Tuesday, July 13

2 p.m.

Mindful Eating on the Go

Hear healthy tips for packing a picnic, eating out, and traveling. Learn how to still indulge while maintaining goals.

Instructor: Mindy Yoder, RDN, CDN, manager, nutrition services, Excelsior Orthopaedics

Monday, June 7

2 p.m.



Excelsior Orthopaedics healthy tip

Falls are the leading cause of injuries among older adults. Simple modifications can substantially lower the risk: carpet your floors, reduce clutter, install handrails on stairs, and use mats in bathtubs.

WELLNESS

Self-Care Tips for Caregivers

Learn about tips and support options for caregivers. We'll also discuss resources for self-care.

Instructor: Lynn Riker, director of outreach, Hospice & Palliative Care Buffalo

Tuesday, May 11

10 a.m.

Living with Vision Loss

We'll discuss the types of visual impairment as well as available programs and services to help.

Instructor: Amanda Cleesattel, MS, OTR/L, vice president of Vision Rehabilitation Services, VIA

Friday, May 28

10 a.m.

Increasing Strength and Speed of Movement

Learn resistance band exercises that increase strength in the lower extremities. Discover speed training activities that improve function, balance, power, and mobility.

Instructor: Jill Bronsky, owner, Forward Fitness Inc.; author

Tuesday, May 25

10 a.m.

Parkinson's Foundation — Research, Care, and Education about PD

Learn about the organization's research initiatives, ways we've improved care, and available resources.

Instructor: Chris Jamele, development director, New York and New Jersey Chapter of the Parkinson's Foundation

Thursday, July 8

10 a.m.

Coping with Grief and Loss

Explore how different kinds of loss can cause grief, and how best to cope or help others cope through this universal experience.

Instructor: Anna VanDien, LCSW, coordinator, Wilson Support Center & Hospice Bereavement Services

Thursday, June 3

2 p.m.

Cancer Survivorship and Wellness

At Roswell Park Comprehensive Cancer Center, the focus on survivorship and wellness begins at the time of diagnosis. Learn about support through patient- and family-oriented care before, during, and after treatment.

Instructors: Mary Reid, MSPH, PhD, professor of oncology, chief and director, Cancer Screening, Survivorship and Faculty Mentoring, Department of Medicine; Tessa Faye Flores, MD, medical director of Cancer Screening and Survivorship, assistant professor of oncology

Monday, June 14

10 a.m.

The Arts and the Art of Healing

Learn how Roswell Park Comprehensive Cancer Center brings the soothing impact of the art, music, and storytelling to patients and visitors.

Instructors: Cynthia Schwartz, director, Alliance Foundation Ambassador Program; William Vogel, art coordinator, Roswell Park Comprehensive Cancer Center

Wednesday, July 14

10 a.m.

Forget Fad Diets — The Real Habits You Need to Succeed

Rather than trying the newest fad diet, learn three foundational habits that can help you be successful long term, no matter your health goals.

Instructor: Jenny Ferrentino, MS, RDN, Wegmans nutritionist

Thursday, July 1

2 p.m.

Protecting Your Online Privacy

With so much of your personal information online, learn how to ensure security of your personal data.

Instructor: Chuck Banas, web services technical liaison, Erie County

Thursday, July 1

10 a.m.

Teachings of the "Good Mind"

We'll share traditional, cultural messages of the Haudenosaunee people that help us to carry a "Good Mind" and promote respect, kindness, endurance, and compassion.

Instructor: Pete Hill, special initiatives coordinator, Native American Community Services of Erie & Niagara Counties, Inc. (NACS)

Thursday, July 15

10 a.m.

The American Tradition of Volunteering

Explore the first charity organizations in the US, examine the needs of our community, and more.

Instructor: Alex Lauer, coordinator of senior volunteers-aged, Erie County Department of Senior Services

Thursday, June 24

2 p.m.

Senior Services: How We Serve You

Join us for a lesson on how you can access Erie County's programs and services.

Instructors: Karen Adamo, senior case manager; Moira Mycio, assistant long-term care coordinator, Erie County Department of Senior Services

Friday, May 21

2 p.m.

Hockey 101

Learn its history, the rules, and fun facts about the Stanley Cup.

Instructor: Julie Ruzala, fitness trainer/media specialist,
Erie County Department of Senior Services

Tuesday, July 6

10 a.m.

Writing to Connect: A Mother and Son on Writing a Memoir

We'll share our experiences forging a relationship of mutual support and respect, focusing on how writing bridges the inevitable gaps.

Instructors: Linda Drajem, PhD, retired English teacher and current memoirist; Christopher Drajem, writer and educator

Tuesday, June 1

2 p.m.

Resiliency and Critical Thinking

Critical thinking is needed to overcome challenges.

If we close our minds to alternatives, how can we reach common ground?

Instructor: Marian Deutschman, PhD, professor emerita of communications, Buffalo State College

Thursday, June 10

2 p.m.

Ready, Set, Goals!

Learn how creative problem-solving techniques can help you set goals and keep yourself accountable. Please have a writing utensil and paper available.

Instructor: Rob Kubiak, creative problem-solving strategist

Friday, June 18

10 a.m.

NYS Citizens Preparedness Corps Training

This training program provides residents with the knowledge and tools to prepare for emergencies and disasters, respond accordingly, and recover as quickly as possible.

Instructor: Jessica Cappelletti, CHES, regional preparedness coordinator, American Red Cross, Western New York Chapter

Friday, July 9

10 a.m.

Understanding Condos, Townhouses, and Patio Homes

Learn the answers to commonly asked questions about residential communities and downsizing.

Instructor: Michael Olear, MSW, lead broker, The Olear Team at MJ Peterson

Friday, June 25

2 p.m.

The Wide World's Wacky Sports

We'll look at sports from around the globe that you may have heard of, but don't know much about.

Instructor: Ryan Gadzo, MPA, research analyst, Erie County Department of Senior Services

Friday, June 11

10 a.m.



The best health care happens when patients and doctors communicate. Ask questions, voice concerns, and speak up when you don't understand something about your care, condition, or medication.



Cut back on added sugars to reduce your risk for certain health conditions. Try swapping sugary beverages with regular or sparkling water.



ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES

95 Franklin Street, 13th Floor
Buffalo, NY 14202



Virtual Exercise Classes

Every weekday at 9 am
With Julie Ruszala

To register:

Call: 716-858-6403

Email: Julie.Ruszala@erie.gov

Contact your local senior center
about in-person classes



CHOOSE HEALTHY WNY

FREE 6-Week Evidence-Based Workshops

- Chronic Disease
Self-Management Program
- Diabetes Self-Management
Program

You will discover how to:

- Cope with pain, fatigue & stress
- Eat well & manage weight
- Set goals for improving health

For more information:

Call: 716-858-7470

Email: Janice.Nowak@erie.gov

UNIVERSITY EXPRESS BROUGHT TO YOU BY:



ERIE COUNTY DEPARTMENT
OF SENIOR SERVICES



BlueCross BlueShield
of Western New York



Excelsior
Orthopaedics

Wegmans