

# UNIVERSITY EXPRESS



FALL  
2020

*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**  
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## 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](http://WWW.NEWJOINTNOW.COM)**

 **Excelsior Orthopaedics™**

# Safe Easy

## Flu shots now available

No prescription needed • \$0 copay with most insurance  
Available for all, including seniors & kids

*Wegmans*  
pharmacy

*Age restrictions apply in some states. While supplies last. See pharmacy for details.*

# Welcome Back!

At the Erie County Department of Senior Services, we support Live Well Erie — a vision to help every resident of Erie County achieve their full potential. University Express embodies this vision by providing you with opportunities to maintain an active and stimulating social life as you age, no matter the distance.

This semester will be in a hybrid format, with a topic or two live streaming every weekday. Check out what we're offering and then visit our website at [erie.gov/universityexpress](http://erie.gov/universityexpress) to register. You'll also find program updates and a list of sites holding showings. Don't forget to sign up for our email list!



Stay well,  
David J. Shenk  
Commissioner  
Erie County Department  
of Senior Services



ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES

**Home Delivered Meals**      **Retired and Senior Volunteer Program**  
**Choose Healthy WNY Workshops**      **(RSVP)**

**University Express**      **Case Management**  
**Transportation**

**Home Care Services**      **Matter of Balance / Falls Prevention**

**Social Adult Day Programs**      **Outreach**      **Monthly Respite Services**

**Stay Fit Dining Program**      **Nutrition Counseling**

**Powerful Tools for Caregivers Classes**      **Aging Mastery Program**

**Information and Referral**

**Personal Emergency Response System**      **Support Groups**

**Caregiver Support Counseling**      **Club 99 Exercise**

**Health Insurance Counseling**



**Erie County Senior Services / NY CONNECTS: 858-8526**

# HOW TO REGISTER FOR A UNIVERSITY EXPRESS CLASS

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

All University Express classes will be free and streaming live. Some classes may be recorded and posted on our website at a later date. University Express instructors will not be giving in-person lectures this semester.

## 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 live-streaming classes from your smartphone, tablet, or computer. We'll send you a Cisco 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. Please note that some classes may have special requirements. 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](http://erie.gov/universityexpress) | **Phone:** (716) 858-7605

## We Are All in This Together: The Shared Experiences of Loss, Grief, and COVID-19

Identify the numerous non-death losses that have accompanied the “new normal.” Resources for self-care will be shared.

**Instructor:** Deborah Waldrop, PhD, professor, University at Buffalo School of Social Work

**Wednesday, October 21 10 a.m.**

## 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, October 22 10 a.m.**

## How is Medicine Changing?

We’ll cover technological advances, preventative medicine, and the evolving roles of health care providers.

**Instructor:** Lito Gutierrez, MD, member, New York State Public Health and Health Planning Council

**Monday, October 12 10 a.m.**

## Does Communication Technology Divide Our Generations?

How can we bridge the gaps and still maintain a level of comfort? We’ll discuss email, texting, and cellphone use; differences in communication expectations; and more.

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

**Tuesday, November 24 10 a.m.**

## The Road to the White House 2020

We’ll discuss what it’s going to take to win the election.

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

**Tuesday, October 27 10 a.m.**

## What’s Going on with That Project? Recent Buffalo Construction Updates

Get an update on major projects completed in the last decade and a glimpse of projects currently under construction.

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

**Tuesday, December 1 10 a.m.**

## Upheaval in the Middle East

Analyze the current state of the Irani-American relationship, along with the changing balance of power between Iran and Saudi Arabia.

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

**Wednesday, October 14 10 a.m.**



Whether you’re putting deck chairs in storage or shoveling snow, carrying extra weight improperly is one of the most common ways to injure yourself. To safely lift heavy objects, stand with your feet shoulder-width apart, bend your knees, tighten your core, and lift objects with the power in your thigh muscles rather than your back or shoulders.



Practicing food safety is always important! Remember to wash hands and surfaces, cook foods to proper temperatures, and refrigerate them promptly.

## CURRENT AFFAIRS

### COVID-19, the Flu, and You

We'll discuss the status of COVID-19 and flu season, cover the different symptoms, and address tips for staying healthy.

**Instructor:** Pati Aine Guzinski, training coordinator, Public Health Emergency Preparedness Division, Erie County Department of Health

**Thursday, October 15**

**2 p.m.**

### Current Events Discussion Group — Pilot

This discussion group will be a respectful and inclusive space to share thoughts on current events and listen to different perspectives. You'll receive discussion questions and references a week beforehand.

**Class limit:** 15

**Monday, October 12**

**2 p.m.**

### Systemic Racism and Its Impact on Health Disparities

Examine how systemic racism continues to be a driving factor in the social determinants of health. We'll discuss steps to bring health equity into the region.

**Instructor:** George F. Nicholas, senior pastor, Lincoln Memorial United Church, Chair of the Buffalo Center for Health Equity

**Wednesday, October 14**

**2 p.m.**

### *Wegmans* healthy tip

Hydration is the basis for good health. Most fruits and veggies are 80% water and can help you hydrate in a healthy way.

## ENVIRONMENT

### Gardening for a Sustainable Future

Learn how to garden without harming the environment, including how to preserve resources like water and fertile soil.

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

**Monday, October 19**

**10 a.m.**

### Wrapping Up the Gardening Season

Learn how to cut back perennials, protect plants, and more that will help your garden survive winter and emerge in the spring.

**Instructor:** Peggy Koppmann, master gardener, Cornell Cooperative Extension

**Tuesday, October 13**

**10 a.m.**

### Erie County's Response to Climate Change

How is the county working with the community and others to reduce climate change and protect residents from extreme weather events? Learn how you can help.

**Instructors:** Josh Wilson, pollution prevention coordinator; Tracy Skalski, sustainability coordinator, Erie County Department of Environment and Planning

**Tuesday, November 17**

**10 a.m.**

### 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, December 10**

**2 p.m.**



## ENVIRONMENT

### Recycling: What Goes Where?

What can be recycled, how should it be prepared, and, most important, what shouldn't go in your recycling? We'll talk about what to do with that old TV too.

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

**Friday, October 2**

**2 p.m.**

### The Buzz about Pollinator Gardens

Learn the importance of pollinators and how they make your garden thrive.

**Instructor:** Carol Ann Harlos, master gardener, Cornell Cooperative Extension

**Friday, November 13**

**2 p.m.**

## HISTORY

### Early Buffalo Planning and Development

How did Buffalo go from being a small pioneer town to the nation's ninth largest city? Examine its first 100 years of growth and development.

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

**Thursday, October 1**

**10 a.m.**

### Vampires, Werewolves, Witches, and Other Creatures of the Night

Cultures throughout history have believed dangerous beings roam in search of human victims. We'll look at examples of such beliefs and explanations for them.

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

**Friday, October 30**

**10 a.m.**

### Finding Your Female Ancestors

Women are often hard to research due to the laws, social norms, and record-keeping practices of times past. Learn about sources and strategies to find your female ancestors.

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

**Wednesday, November 4**

**10 a.m.**

### Early History of Buffalo Music and Entertainment

Look back at the region's rich entertainment history, including early theaters, vaudeville houses, amusement parks, big band nightclubs, and radio stations.

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

**Thursday, November 19**

**10 a.m.**

### A Judge's Journey

Judge Wolfgang will discuss her journey to the bench and some of her most memorable cases.

**Instructor:** Penny Wolfgang, retired State Supreme Court Judge; radio host

**Monday, November 30**

**10 a.m.**

### Secrets of Voodoo, Revealed!

Vodou is the premiere Afro-Caribbean religious system, which likely began among the African slaves as early as 1505, offering comfort and protection.

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

**Thursday, December 3**

**10 a.m.**

### Getting Started with Irish Genealogy Records

Learn about Ireland’s genealogical records, key Irish genealogy concepts, and what’s accessible online.

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

**Wednesday, December 9 10 a.m.**

### Influential People from Buffalo During the 1800s

We’ll discuss residents of Western New York who contributed to local, regional, and national history, commerce, and culture.

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

**Thursday, December 10 10 a.m.**

### Who Was That Man?

Who was the man who jumped onto the limo after JFK’s shooting? Learn about Clint Hill’s tenure with the Kennedy Administration and the book he later wrote.

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

**Thursday, November 19 2 p.m.**

### History of Buffalo Roadways

Learn about the Holland Land Company through the modern expressway, including the Delaware Avenue “S” curves and the Scajaquada and Kensington Expressways.

**Instructor:** Ken Kuminski, licensed professional engineer

**Thursday, November 12 10 a.m.**

### Social Welfare and the Larkin Company

Known for its tenets of purpose, effort, achievement, and blending the gospel of work and life, the Larkin Company created many progressive initiatives for its employees.

**Instructor:** Shane E. Stephenson, director of museum collections, Buffalo Naval Park

**Monday, November 23 10 a.m.**

### Four Deployments

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

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

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

**Thursday, November 12 2 p.m.**

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

**Thursday, December 3 2 p.m.**



Being active and following a regular exercise program are important to maintaining healthy bones. Weight-bearing exercise can help prevent osteoporosis too.



A plant-focused diet may help reduce your risk of chronic diseases and promote overall good health. Focus on fruits and veggies, whole grains, nuts and seeds, and liquid oils.

**The Hat as Art**

We'll focus on the neck up in several views of unusual headwear from fashion history. Wear a favorite hat with a story to share.

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

**Monday, October 5 10 a.m.**

**"The Chrysanthemums"**

Discuss themes such as loneliness and gender inequality in this 1937 John Steinbeck short story.

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

**Monday, November 9 10 a.m.**

**Burchfield Paints the Town**

Charles E. Burchfield painted scenery near his home in his watercolors. The speaker (from Burchfield's hometown) will show what she saw and what he painted.

**Instructor:** Nancy Barlow, retired teacher

**Friday, November 6 10 a.m.**

**In the Shadow of the White Oak: Facts behind the Fiction**

Hear about Seneca treaty negotiations, the University of Buffalo's medical department, and the scourge of tuberculosis.

**Instructor:** Rosanne L. Higgins, PhD, adjunct professor of anthropology, University at Buffalo

**Monday, November 16 10 a.m.**

**Adventures in Writing a Memoir**

The author will share the processes of writing and publishing, including her memoir "Wandering Close to Home: A Gay Son and His Feminist Mother's Journey to Transform Themselves and Their Family."

**Instructor:** Linda Drajem, retired English teacher and current memoirist

**Tuesday, November 17 2 p.m.**

**African-American Artists**

Examine the culture, influence, and the people behind the images and storytelling in a variety of media. View the artworks and respond to what you see.

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

**Friday, October 16 10 a.m.**

**Poetry Defies Definition**

Discuss the various types and review the figures of speech necessary to write a poem. Have something to write with on hand.

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

**Friday, October 2 10 a.m.**

**The Language of Flowers**

Hear how the meanings of flowers have changed throughout history.

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

**Thursday, October 29 2 p.m.**

**Behind the Curtain: The Technicians of Shakespeare in Delaware Park**

Shakespeare in Delaware Park is joined by past and present theater technicians who will answer questions relating to their field, as well as questions from our live audience.

**Instructor:** Shakespeare in Delaware Park

**Tuesday, December 8 2 p.m.**

**The Classics Book Club — Pilot**

We'll discuss "Madame Bovary," a tragic romance novel about a troubled woman who turns to disastrous love affairs. Read the book beforehand and receive discussion questions prior to the meeting.

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

**Class limit:** 15

**Wednesday, October 21 2 p.m.**

**Overwhelmed by All Your Health Insurance Options?**

Receive unbiased information on Medicare Advantage plans. Discuss supplemental plans, options to pay for prescription drugs, and low-cost care options.

**Instructor:** Erie County Department of Senior Services, Insurance Resource Center

**Thursday, October 29 10 a.m.**

**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, November 10 10 a.m.**

**Putting Your Affairs in Order**

Consider your important documents, how to keep track of your accounts, and what to share with trusted family and friends.

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

**Friday, November 20 10 a.m.**

**Budget? What Budget?**

Learn how to create a budget, track expenses, and make your money go further. Come prepared with knowledge of your income and monthly expenses.

**Instructor:** Adam Goldfarb, chartered financial consultant, chief sustainability officer, Goldfarb Financial Team

**Friday, November 13 10 a.m.**

**Should I Turn Things Over? Joint Accounts, Life Estates, and Powers of Attorney**

We'll discuss advantages of these tools for estate and financial planning, as well as potential problems that can arise.

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

**Monday, December 7 10 a.m.**

**Financial Benefits Check-Up: You Gave, Now Save!**

The class will focus on financial benefits that older adults commonly qualify for. Come prepared with an idea of your household income and resource amounts.

**Instructor:** Erie County Department of Senior Services

**Thursday, October 15 10 a.m.**

*Wegmans* healthy tip

Go "half-plate healthy" by filling half your plate with fruits and veggies and the other half with anything else. This easy step helps you keep portions in check!

 healthy tip

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.

## Inflammation: The Silent Perpetrator

Learn dietary and lifestyle factors that promote chronic inflammation in the body as well as those that help prevent it.

**Instructor:** Janice Nowak, MS, RD, CDN, dietitian consultant, Erie County Department of Senior Services

**Wednesday, October 28** **10 a.m.**

## Don't Let Your Tank Get to "E"—Fuel Your Body with Food

Learn nutrition strategies to stay focused on health goals while enjoying daily activities and special occasions.

**Instructor:** Melinda Yoder, RDN, CDN manager, nutrition services, Excelsior Orthopaedics

**Monday, November 2** **10 a.m.**

## Brain Games

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

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

**Tuesday, October 20** **10 a.m.**

## Breast Cancer: What You Need to Know

Learn more about breast cancer diagnosis, the importance of screening, and today's treatment advances.

**Instructor:** Nikia Clark, health education specialist, Office of Community Outreach and Engagement at Roswell Park Comprehensive Cancer Center

**Tuesday, October 6** **2 p.m.**

## Healthy Eating Basics and Healthy Aging

Discuss how nutritional needs change as we age and discover how to eat healthy for life.

**Instructor:** Jenny LeGrand, MS, RDN, Wegmans nutritionist

**Friday, October 23** **10 a.m.**

## Preventing Dehydration

We'll discuss the importance of hydration and some tips and tricks to stay healthy.

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

**Wednesday, November 18** **10 a.m.**

## Breaking the Sugar Habit

We'll discuss why sugar hooks us and tips for overcoming sugar dependency.

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

**Wednesday, December 2** **10 a.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

**Friday, December 4** **10 a.m.**

## Awesome Omegas

Learn about omega-3 fats and their role in keeping you healthy. Discover potential food sources and learn how much of this nutrient you need.

**Instructor:** Jenny LeGrand, MS, RDN, Wegmans nutritionist

**Tuesday, December 8** **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, October 26** **2 p.m.**

## SCIENCE AND MEDICINE

### **Dr. Roswell Park (1852–1914), Renaissance Man**

Learn about this brilliant man's many contributions to Buffalo and to the advancement of cancer research and treatment.

**Instructor:** Cynthia Schwartz, director, Alliance Foundation Ambassador Program, Roswell Park Comprehensive Cancer Center

**Tuesday, November 10** **2 p.m.**

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### **The 10 Warning Signs of Alzheimer's**

Learn the signs, separate myth from reality, and hear from people impacted by Alzheimer's.

**Instructor:** Alzheimer's Association

**Thursday, October 1** **2 p.m.**

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### **Cancer 101**

You'll receive a general overview of cancer risks for men and women along with healthy lifestyle tips.

**Instructor:** Nikia Clark, health education specialist, Office of Community Outreach and Engagement at Roswell Park Comprehensive Cancer Center

**Tuesday, October 13** **2 p.m.**

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### **Food Is Medicine**

From air we breathe to meals we eat, it all affects our energy, health, and bodies. Explore interesting foods for their medicinal effects.

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

**Monday, November 30** **2 p.m.**

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## WELLNESS AND PERSONAL ENRICHMENT

### **Caregiver 101: Identifying the Role and Who Can Help**

Who is a caregiver? Who can help the caregiver? How does a caregiver find services? Learn about the available resources in Erie County.

**Instructor:** Erie County Department of Senior Services

**Tuesday, October 6** **10 a.m.**

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### **Healthy State of Mind: Creating Overall Well-Being**

Learn about common myths, warning signs, available support, and ways to proactively manage your mental health.

**Instructor:** Jocelyn Bos-Fisher, LCSW

**Wednesday, October 7** **10 a.m.**

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### **Balancing Bricks**

Engage in simple exercises to improve strength, stability, and confidence, using body weight and resistance band exercises.

**Instructor:** Julie Ruzala, health and wellness coordinator, Erie County Department of Senior Services

**Thursday, November 5** **10 a.m.**

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### **Football 201**

You've learned the basics in Football 101, now it's time to learn what the pros are seeing each and every play.

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

**Thursday, October 8** **10 a.m.**

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### **Ditch the Negative Self-Talk**

Understand how positive self-talk boosts confidence, builds self-esteem, and increases feelings of control over your life.

**Instructor:** Miranda McCoy, health coach, BlueCross BlueShield of Western New York

**Tuesday, October 27** **2 p.m.**

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### **Influence: The Art of Persuasion**

Every personal encounter is an opportunity to persuade someone positively. Learn ways to get what you want using proven techniques.

**Instructor:** Rob Kubiak, creative problem-solving strategist

**Friday, October 9** **10 a.m.**

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### Everyday Mindfulness

Explore the power of gratitude and tips for starting your own daily practice.

**Instructor:** Rachel Ceness, MS, RDN, certified health coach, BlueCross BlueShield of Western New York

**Thursday, October 22** **2 p.m.**

### Wisdom of the Dying: Death, Dying, and the Meaning of Life

Explore wisdom in an end-of-life context and learn what brings meaning to our lives.

**Instructor:** Pei C. Grant, PhD, director, Research, Hospice and Palliative Care Buffalo

**Monday, October 26** **10 a.m.**

### Ready, Set, Goals!

Learn how to overcome obstacles by using unique creative-problem solving techniques that will help you set goals and keep you accountable.

**Instructor:** Rob Kubiak, creative problem-solving strategist

**Friday, December 11** **10 a.m.**

### Step-by-Step Rightsizing: How to Simplify It

Learn the best way to reduce clutter, make your home safer, and your life simpler.

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

**Thursday, November 5** **2 p.m.**

### Strength Training for Seniors

We'll cover the benefits of strength training, myths, specific exercises, and how to add strength training into your routine.

**Instructor:** Miranda McCoy, health coach, BlueCross BlueShield of Western New York

**Thursday, October 8** **2 p.m.**

### The Human Experience of Trauma

Explore the types of trauma, its global prevalence, and its physical and psychological effects.

**Instructor:** Thane Schulz, LMSW, ACHP-SW, CMC, palliative care social worker, Erie County Medical Center

**Tuesday, December 1** **2 p.m.**

### Life and Lifestyle

Join for a discussion of 85 years' worth of lessons learned in health, wellness, and character development.

**Instructor:** Richard Derwald, senior fitness coordinator, Erie County Department of Senior Services

**Tuesday, October 20** **2 p.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 to pre-disaster conditions as quickly as possible.

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

**Monday, November 9** **2 p.m.**



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



If you're not active now, adding any amount of exercise can bring health benefits. Slowly increase your physical activity to meet your goals. Park farther away from the store when you are shopping or walk in your neighborhood this fall.



**ERIE COUNTY DEPARTMENT  
OF SENIOR SERVICES**

95 Franklin Street, 13th Floor  
Buffalo, NY 14202



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