

## DESCRIPTION OF WORKSHOPS

Alphabetized by title followed by Session Numbers in which this class is available

### **10 Warning Signs (I, II) Susan Evans**

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

### **Advance Directives... "What You & Your Family Need To Know" (I, II) Sharon Mumah, RN**

Do you know what an Advanced Directive (AD) is and how to complete one? This session will explain the importance of an AD to communicate your health care wishes, and also appoint a person to speak for you when/if you are no longer able to. Completing an AD does not require hiring a legal representative, you can do it for free.

### **Aging Anxiety...Where Did Our Calm Go? (I, II, III) Jane Rozier**

Anxiety is at an all-time high, triggered by stress, worry and our ever-changing world. In this session, we will identify some unique issues that can cause anxiety as we age. We will also discuss what we can do to have a calmer life.

### **Alternative Medicine (I, II, III, IV) Rod Glupker**

Everything you need to know about CBD, and other cannabinoids. CBD is not marijuana. Learn the difference and why it may help you.

### **Amazon Best Seller Humor Author (I, II, III) Bob Eastley**

I am an Amazon Best Seller humor author. I will tell you about my writing style, my creative process, and the challenges of writing.

### **Are Your Grandchildren Safe? (II) Barbara Hazlett**

Mecosta/Osceola Human Trafficking Task Force

### **Back In The Hey Day! (I, II, III, IV) Dr. Micala Evans Cochran**

A Virtual Engagement in Idlewild, Michigan. Attendees will enjoy a Virtual Presentation with Pictures, Videos, and Audio of the 1940s-60s. You will be gifted with party favors like beads, hats, gloves, accessories from the Era and you will also enjoy Mocktails, Hors d'oeuvres, Card Games, Photo Booth and Conversation! **There will be a \$2 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

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### **Back To The Future – Is It A Wonderful Life? (III) Attorney David Carrier**

How your decisions today can enrich your own life while ensuring future generations can enjoy a wonderful life you cannot imagine. Learn the importance of planning for you and your kids and grandkids.

### **Be A Superhero To Your Family (II) Attorney David Carrier**

Able to leap tall buildings in a single bound! Be a superhero to your family through Powers of Attorney for Health and Finance! Learn the importance of POA's and making sure your choices matter.

### **Beginner Wood Burning (II, III, IV) Robert Routley Sr.**

Learn how to use new style wood burner and complete a project to take with you.

### **Build A Bird House! (II, IV) James Grace**

Learn how to build a Bird house. **There will be a \$5 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

### **Chair Line Dancing (I, IV) Elaine Grace**

This class is for Seniors who still love to dance, but because of disabilities cannot do traditional line dance.

### **Changing Negative Self-Talk (I, II) Christi Demitz**

Learn about the brain's negativity bias and how it affects our response to stress. Discuss the benefits of positive self-talk and explore other tools for dealing with negative self-talk.

### **Creative Ways To Pay For Long Term Care (II) Jim Davis**

### **EnhanceFitness® (III) April Humphrey**

Teaching isolated muscles to work together preventing injury during daily living actions. Focus on full range of motion and balance.

### **Exercise...Why Me? (I, II, III, IV) Jeff Thorne PT**

We will talk about the effects of regular exercise on the aging population.

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### **Eye Care Trivia (IV) Dr. Amy Dinardo**

What do you know about your eyes? This is an interactive presentation that will fill you in on eye health topics and what you can do to keep seeing your best.

### **Failing To Plan Is Planning To Fail (III, IV) Attorney Steven Balkema**

Discussion on the importance of having the proper estate planning documents in place.

### **Find A Way To Stay! (II) Amanda TePasste & Sarah Wheeler**

Home modifications and equipment options to maintain safety and independence in your home. This workshop will be led by two occupational therapists who are also certified Aging In Place Specialist. We will discuss adaptive equipment and modifications to make to your home more accessible.

### **“Healthy Eating” (III, IV) Bailey Gager**

Join Bailey, a registered dietitian, while she reviews the 6 main food groups. You will learn tips & tricks along the way to help you create a better balanced diet.

### **Healthy Immune System – How to Live Your Healthiest Life! (I, II) Mary Bechaz, DN**

An apple a day keeps the doctor away & many more foods that cure! There is no magic bullet, but we can stay healthy by what we do each day.

### **Healthy Living for Your Brain & Body (III, IV) Susan Evans**

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

### **High Priority Invasive Species (II) Emma Costantino**

This presentation covers invasive species in the region that are considered a high priority for control, how to identify them, and the problems they cause.

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### **How To Pay For Long Term Care (I, II) Attorney Todd Balkema**

Discussion on qualifying for Medicaid, Medicaid Waiver, Veterans Benefits, Long Term Care Insurance and self paying.

### **Identity Theft...Protecting Yourself! (IV) Sheriff Brian Miller & Det/Sgt Casey Nemeth**

Will tell you how to be on the lookout, and how to protect yourself.

### **Keep America Singing (I, II) Dave Marasus**

Sing those great songs and hymns remembering the Good ol' Days!

### **Library Resources for Seniors (I, II) Lauren Perkins**

Join us to learn more about free resources available with your local library card! Access free entertainment and information as well as community workshops and classes at your library or from your home.

### **Living With The Wildlife (I,II) Angela Greenway**

Presentation on feeding/baiting ban and why it's important. Will also discuss bird feeders and nuisance bear prevention.

### **Local History & Folklore (III, IV) Roger Schneidt, Robert King**

Local history and folklore stories of Big Rapids and surrounding area.

### **“Local Trails” White Pine, The Dragon... (III, IV) Paul Griffith**

We will talk about the 92 mile White Pine Trail and several other trails available in Mecosta County, such as The Dragon, Clay Cliffs, Pine Grove, Riverwalk, White Pine Recreation Area and Bike Lanes being developed.

### **Medicaid Mysteries (I) Attorney David Carrier**

Why do most families suffer nursing home poverty when tested solutions would preserve independence and financial security? Learn how you can preserve life savings and qualify for Medicaid.

### **Medicare Check-Up: Take “Full” Advantage (III, IV) Nancy Courser**

If you are on an Advantage plan, this class is for you! We'll review the basics of Medicare A, B, C, and D and **concentrate on the value-added benefits** of having this type of health insurance coverage. This includes a discussion of the over-the-counter benefits, gym membership, preventative dental, vision, hearing benefits and more. An Advantage plan is more than basic coverage... take “full advantage” of these benefits this year which cost you nothing.

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### **MRSA/Infection: Now We Can Hit First! (I, II) Chad Martinsen, RN**

What is MRSA? How does it make us sick? Is it curable? We will discuss infection control and preventative health with an RN who has over 30 years in healthcare and 20 years in procedures.

### **Naked Greed? Sibling Rivalry? Peaceful Harmony... (IV)**

#### **David Carrier**

Talk so your adult children will listen. Listen so your adult children will talk. A generational discussion on Estate Planning.

### **Navigating The Maze of Medicare (I) Jim Davis**

### **Paint Party! (I Flower, III Landscape) Andrea St. John**

Create a painting with step by step instructions from beginning to end!

This will take two sessions to complete! **There will be a \$15 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

### **Painting with Toinette! (III, IV) Toinette Wicks**

Join local artist and Artworks Instructor Toinette Wicks, for a lesson on painting on glass. Each student will choose either a coffee mug or wine glass to paint (please specify on registration), with instruction and materials provided. **There will be a \$15 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)** Please state whether you want a coffee mug or a wine glass!

### **“Rules of the Road” (I, II) Daniel Terry**

Teaching the fundamental concepts of investing and strategies to help build wealth. Prepare for the unexpected.

### **Senior Care Through The Lens of Love (II) Liz Barnett AAAM**

Will present on programs and services provided by AAAM, but with idea that our services are provided through the caring communication. Also will use the lens of **LOVE** acronym, give tips on caring for loved ones with that same lens of love whether personal or professional.

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### **SUD/ODD ~How You Can Save Help Save Lives~ (I, II, III)**

#### **Gail L. Bullard, DHEd, MSA-HA, RN**

This workshop will explain facts about Substance Use Disorder as a disease, how it is impacting our community, and how you can help. At-home medication disposal and Narcan Kits will be free to those who attend this session.

### **The Medicare Alphabet (IV) Bob Callery AAAM**

Will provide an overview of Medicare, identify the different Parts of Medicare, plan options, the out of pocket expenses, and many of the program rules. This is a great program for those new to Medicare or for those who are currently enrolled in Medicare looking for accurate and unbiased answers to your questions.

### **Watercolor Painting (I, III) Joyce Capen**

This will take two sessions to complete! Create a watercolor to take with you! Painting to introduce basic watercolor techniques. Class size is limited so register quickly! **There will be a \$5 fee to cover cost of materials (to be collected in class! DO NOT MAIL IN WITH REGISTRATION!)**

### **What I Need To Know (III) Dena Durante RN, BSN**

- Topics related to my role as Care Manager at Spectrum Health Big Rapids Hospital
- DPOA
- Discuss Part D Medicare for prescription coverage

### **What's Up With The Zip Code? Medicare Basics (I, II, III) Adam Spedoske**

Adam Spedoske, local Medicare Certified Insurance Agent with over 15 years of experience, will go over the different parts of Medicare, what the Give Back Benefit is, why your Zip Code is important, and how to receive free dental and vision coverage. This class is very helpful to people new to Medicare and those who have had Medicare for years!