Happy Thanksgiving!

In the spirit of giving thanks, the Westside Resource Center staff would like to thank all our members for your continued participation and support. We are truly blessed to be part of your lives...and to have you be part of ours.

We hope you will participate and enjoy in our program offerings this month. As always, we do require that members register and sign up for each program. This helps us to determine supplies and refreshments that may be needed.

Please take advantage of our HIICAP sessions if you have any questions regarding open enrollment and the advantage plans. These appointments are free and offer unbiased information, but appointments are required!

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November 2019

**FEATURED EVENTS**

**Lifespan Presents:**

**HIICAP Counseling**

Have questions related to open enrollment and the Medicare Advantage Plans? Schedule an appointment with Lifespan’s trained counselors to receive unbiased information.

See Tracy LaFountain, Program Coordinator for details.

**Tuesdays:** 9:00am – 1:00pm  
**Wednesdays:** 1:00 – 4:00pm  
**Thursdays:** 9:00am – 1:00pm  
**Fridays:** 9:00am – 1:00pm

**Thanksgiving Luncheon!**

Friday, November 22  
11:30am – 1:00pm  
$8 pp which includes a “traditional” Thanksgiving meal

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**Westside Resource Center**

**Hours of Operation**

Monday-Friday  
8:30 am - 4:00 pm  
585-341-3075
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>4</td>
<td>HIICAP Appts. 9:00am – 1:00pm</td>
<td>Card Games 9:15am</td>
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<td></td>
<td>Hello Pain (2 of 8)</td>
<td>Advanced Planning Presentation</td>
<td>Member Advisory Mtg. 1:00 – 2:00pm</td>
<td>Mah Jongg 9:15am</td>
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<td>Int./Adv. Smart Phone Class $1pp</td>
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<td>MOB Series (3 of 6)</td>
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<td>Blood Pressure Ck 8:00 – 11:00am</td>
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<td>Veteran’s Day Celebration</td>
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<td>18</td>
<td>GVPT: Neck Pain Screenings 10:00 – 11:00am</td>
<td>Card Games 9:15am</td>
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<td>HIICAP Appts. 9:00am – 1:00pm</td>
<td>Card Games 9:15am</td>
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<td>Beg. Smart Phone Group $1pp 10:00 – 11:00am</td>
<td>AOA Volunteer Mtg. 9:30 – 10:30am</td>
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<td>AARP Safe Driver’s Course 10:00am – 11:00am</td>
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<td>Happy Thanksgiving! Westside Resource Center closed for the Holiday!</td>
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**November Program Highlights**

**Mah Jongg (C)**  
Fridays; Nov. 1, 8 & 15  
(No Mah Jongg 11/22 & 11/29)  
9:15am – 12:00pm  
Enjoy this tile-based game of skill and strategy following the Chinese rules.

**Int./Adv. Smart Phone Class $1pp (L)**  
Friday, Nov. 1  
10:00 – 11:00am  
Do you need a little help navigating your smart phone? Or do you just have questions and want a quick explanation? Then this class is for you! Please come with your questions and we will do our best to answer them. Class size limited to 6 participants.

**Member Advisory Mtg. (L)**  
Friday, Nov. 1  
1:00 – 2:00pm  
We are looking for our members to join us to share your thoughts, concerns or ideas about our center.

**Genesee Valley PT: Neck Pain (C)**  
Monday, Nov. 4  
10:00 – 11:00am  
Please join staff from GVPT who will be here to discuss neck pain and how physical therapy may help.

**AARP Safe Driver’s Course (L)**  
Monday, Nov. 4 and Thursday, Nov. 7  
12:00 – 3:00pm  
Cost: $20 pp AARP Member  
$25 pp Non-member  
NO Cash – Checks Only Made Payable to: AARP  
Cost: $20 pp AARP Member  
$25 pp Non-member  

**Lifespan Presents: HIICAP Appointments (Lifespan Office)**  
Tuesdays: 9:00am – 1:00pm  
Wednesdays: 1:00 – 4:00pm  
Thursdays: 9:00am – 1:00pm  
Fridays: 9:00am – 1:00pm  
Do you have questions about open enrollment and the many options you have with health insurance? Lifespan trained volunteers will be on hand to answer any questions you may have and will help you navigate through the process. Please feel free to bring in a list of your medications, which the counselors will use to navigate between plans as well.  
**NOTE:** By appointment only

**Hello Pain Series from Rochester Zen Center (L)**  
Tuesdays; Nov. 5 – Dec. 17  
10:00am – 11:30am  
Are you in chronic pain? In this free program you will learn techniques such as Mindfullness-based Stress Reduction (MBSR), Cognitive Behavioral therapy (CBT), and breath meditation to provide a unique, scientifically validated approach to addressing pain.

**Lifespan Presents: Matter of Balance (MOB) Series Continued (C)**  
Tuesdays & Thursdays, Nov. 5, 7, 12 & 14  
1:00 – 2:00pm  
This is a continuation of a six-part series which started in October. For further information regarding upcoming evidenced based programs offered through Lifespan, please see staff in the Resource Center.

**Card Games (L)**  
Wednesdays; Nov. 6, 13, 20 & 27  
9:15am – 12:00pm
November Program Highlights

**Advanced Planning Presentation** (C)
Presenter: Daniel S. Williford, Attorney at Law  
Wednesday, Nov. 6  10:00 – 11:00am  
Making decisions now about your health care plans for the future, will help ensure that the treatment you receive is consistent with your preferences. It will also help loved ones and medical staff to act on your behalf and treat you according to your values and wishes.

**Wellness Wednesdays** (L)
Wednesdays; Nov. 6, 13, 20 & 27  12:30pm  
During this 15-minute presentation, various health and wellness topics will be discussed each Wednesday.

**AOA Volunteer Mtg.** (C)  
Thursday, Nov. 7  9:30 – 10:30am  
This is a meeting for all Y and Lifespan volunteers that meets once a month. If you are interested in becoming a volunteer, please see Julie Montgomery from the Y.

**ARTISANworks Tour & Lunch** (Off Site)  
Friday, Nov. 8  Time: TBA  Cost: TBA  
Immerse yourself in our 40,000 sq. ft. renovated factory building and enjoy regional artists’ collections. There are roughly 500,000 items in the collection. After our tour, we will enjoy lunch on site. NOTE: Transportation is on your own.

**Blood Pressure Checks** (L)  
Monday, Nov. 11  8:00 – 11:00am  
Volunteer Deb Torres will be on hand to take your blood pressure. Get an accurate reading and the ability to track each month.

**Veteran’s Day Celebration** (L)  
Monday, Nov. 11  10:00am – 11:00am  
Please join us as we honor and celebrate all Veterans.

**Int./Adv. Smart Phone Class $1pp** (L)  
Monday, Nov. 11  1:00 – 2:00pm  
Do you need a little help navigating your smart phone? Or do you just have questions and want a quick explanation? Then this class is for you! Please come with your questions and we will do our best to answer them. Class size limited to 6 participants.

**Essential Oils: Make & Take $3 - $5pp** (C)  
Tuesday, Nov. 12  10:30 – 11:30am  
**Instructors:** Bonnie O’Neill, RN & Sandra Vatter, RN  
This will be a hands-on class with a gift you can take with you for $3 - $5. **NOTE:** Space is limited to 15.

**Parkinson’s Support Group** (C)  
Tuesday, Nov. 12  1:00 – 2:30pm  
We will be hosting the support and educational group here at our Center, which is open to the community. If you would like to be on our direct mailing list, please see Lifespan staff.

**November Birthday Social** (L)  
Wednesday, Nov. 13  10:00 – 10:30am  
Attention all members who have birthdays in November. Join us as we celebrate YOU! Registration is required.

**Eldersource Case Management**  
(Lifespan Office)  
**Wednesdays; Nov. 13 & 27**  11:00am – 1:00pm  
Caitlyn, our Eldersource Case Manager is available to assist with matters that concern you: your one-stop resource for information, guidance, & support. No appointment needed, however we do ask that you sign up in our AOA Program Book.
## November Program Highlights

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<thead>
<tr>
<th>Event</th>
<th>Date &amp; Time</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Kindness Creations &amp; Doll Making (L)</strong></td>
<td>Thursday, Nov. 14  10:00am – 2:00pm</td>
<td>Join this volunteer group who have been making dresses for girls in developing countries. No experience with sewing is necessary. We are looking for volunteers to iron, cut fabric and make dolls.</td>
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<tr>
<td><strong>Donate Life Presentation w/ Larry Billings</strong></td>
<td>Friday, Nov. 15  10:00am – 11:00am</td>
<td>Join Larry Billings, Kidney Transplant Recipient as he presents to us the importance of becoming an organ donor and his incredible personal story.</td>
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<td><strong>Holiday Decoupage Plate $2pp (L)</strong></td>
<td>Friday, Nov. 15  1:00 – 2:00pm</td>
<td>Join us for another fun afternoon of crafting. We will provide all materials. No experience is necessary.</td>
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<td><strong>Genesee Valley PT: Neck Pain Screenings (C)</strong></td>
<td>Monday, Nov. 18  10:00 – 11:00am</td>
<td>Please sign up for a brief screening from GVPT staff with regards to neck pain. Here is your chance to ask questions.</td>
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<td><strong>Weight A Minute! With Joy Leccese (C)</strong></td>
<td>Mondays; Nov. 18 &amp; 25  1:00 – 2:00pm</td>
<td>Weight A Minute is a peer-support group for women who want to reshape their lives from the inside out! This is a support group that takes a holistic approach to women’s wellness. It is specifically designed to help women understand what’s stopping them when it comes to managing their choices related to self-care. This is not a medical or diet program. This is a supportive group that will be introduced to cutting edge resources for success: mindfulness, meditation, EFT (Tapping) and connecting with others.</td>
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<td><strong>Book Club (C)</strong></td>
<td>Tuesday, Nov. 19  11:00am – 12:00pm</td>
<td>Looking to join our book club? Books will be available on hand to borrow. Please stop by the Lifespan office to pick up your book.</td>
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<td><strong>IPAD/Tablet Class $1pp (L)</strong></td>
<td>Tuesday, Nov. 19  1:00 – 2:00pm</td>
<td>Have questions about your IPAD or tablet? Here’s your chance to ask.</td>
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<tr>
<td><strong>Card Making Class $3pp (C)</strong></td>
<td>Wednesday, Nov. 20  10:00am – 12:00pm</td>
<td>Please pick one class and join us as we make 3 beautiful cards. All supplies will be provided.</td>
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<td><strong>10 Minute Chair Massage w/ Bill (L)</strong></td>
<td>Thursday, Nov. 21  9:30 – 11:30am</td>
<td>Relax and unwind with a complimentary ten-minute massage. Appointments must be made with Lifespan.</td>
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<td><strong>Computer Instructional Class (L)</strong></td>
<td>Thursday, Nov. 21  1:00 – 2:00pm or 2:00 – 3:00pm</td>
<td>Staff from the Gates Library will be on hand to answer questions you may have. Please bring your lap top or IPAD.</td>
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<td><strong>Thanksgiving Luncheon $8pp (L)</strong></td>
<td>Friday, Nov. 22  11:30am – 1:00pm</td>
<td>Join us for our annual Thanksgiving Luncheon! Registration is required, please see Lifespan staff.</td>
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### Working Through Grief Support Group
**Facilitator:** Joy Lecesse  
**Tuesday, Nov. 26**  
**10:00 – 11:00am**

Join us the fourth Tuesday of every month for this nurturing gathering as we share our experiences and offer support. This group is open to anyone who has lost a loved one or experiencing another personal loss.

### Let’s Talk Food w/ Chef Kimberly
**Tuesday, Nov. 26**  
**12:30 – 1:30pm**

Join us for this informative talk as Chef Kimberly will discuss ways to eat well, even when in a hurry.

### Beg. Smart Phone Class $1pp
**Wednesday, Nov. 27**  
**10:00 – 11:00am**

Are you the new owner of a “smart phone”? Here’s your chance to learn the basics! Learn how to take pictures, how to set up your contacts, how to apply apps and more! Class size limited to 6 participants.

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### Save The Date!
The YMCA & Westside Resource Center invite you to our...

#### Annual Holiday Luncheon
**Date:** Friday, Dec. 13  
**Time:** 12:00pm – 2:00pm  
**Entertainment by:** The Gates Show Choir

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### Westside Resource Center
**Hours of Operation**
Monday-Friday  
8:30 am - 4:00 pm  
585-341-3075

**ROOM KEY:**  
(L) – Lounge  
(C) – Conference Room  
(K) – Kitchen

### Contact Information:
- Tracy LaFountain  
  Program Coordinator  
  tlafountain@lifespan-roch.org
- Julie Battaglia  
  Assistant Program Coordinator  
  jbattaglia@lifespan-roch.org
- Kris Santillo  
  Program Director  
  ksantillo@lifespan-roch.org
- Kimberly Yeoumas  
  Assistant Program Coordinator  
  kyeoumas@lifespan-roch.org
- Julie Montgomery  
  AOA Coordinator  
  juliem@rochesterymca.org

**Facebook Site:**  
The Westside Resource Center