February 2020

FEATURED EVENTS
Soul Food Luncheon
Thursday, February 20
11:30 am $5
Please join us for this wonderful celebration in honor of Black History Month. Please sign up in the purple binder.

Lifespan’s Living Healthy Workshop
Mondays, February 3, 10, 17, 24, & March 2 & 9
11:00 am-1:00 pm
Living Healthy is a six-week workshop proven to help you deal with fatigue, discover better nutrition and exercise choices and learn how to learn how to talk to your doctor and family about your health.
Sessions include self-management of symptoms, fitness and exercise, nutrition, medication, and depression.

Join us for our daily lunch!
Monday-Friday
11:30 am-12:30 pm
$3 Suggested Contribution

Happy February!!!
We have some great wellness opportunities this month! Join us for a six-week Living Healthy program that will assist you in developing good habits aimed to improve your health!

February is Black History Month! Join us for a great lecture on February 7, as well as our annual Soul Food Luncheon on February 20.

Ed and Calvin will continue providing Chess lessons on Monday mornings through the end of month.

Suzanne is back, with a 2-part painting class! You do not want to miss this marvelous instructor!

Joy Lecesse, our expert on all things of mind and heart, will provide a great session on how taking care of your mind will help keep you healthier!

Love,
Your Lily Family!!!
# February 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</table>
| Chess Lessons 10:00 am  
Lifespan’s Living Healthy Series (1 of 6)  
11:00 am-1:00 pm  | Cards  
9:00 am  
Chorus  
10:00 am  
Alzheimer’s Association Office Hours  
12:00-3:00 pm  | Working through Grief  
9:30 am  
10 Minute Massage with Bill  
11:00 am-1:00 pm  
Eldersource  
11:00 am-1:00 pm  | Book Group  
9:00 am  
URMC Heart Talk 12:00 pm  | Reiki Share  
10:00 am-2:00 pm  
Rosemary Irwin Presents: The History of 1619  
12:00 pm |
| **10** | **11**  | **12**    | **13**   | **14** |
| Chess Lessons 10:00 am  
Lifespan’s Living Healthy Series (2 of 6)  
11:00 am-1:00 pm  | Cards  
9:00 am  
Chorus  
10:00 am  
Tech Tuesday with Daniel Jones  
12:00 pm  | Reading with the Kids  
10:00 am  
Restaurant Reviewer’s Club: Mama G’s  
$3 trans fee+ Lunch  
11:15 am departure  | Book Group  
9:00 am  
Thought Exchange with Gary & Diane Snyder  
12:00 pm  | Updates with Vanessa  
11:45 am  
Valentine’s Day Celebration  
12:00 pm |
| **17** | **18**  | **19**    | **20**   | **21** |
| Chess Lessons 10:00 am  
Lifespan’s Living Healthy Series (3 of 6)  
11:00 am-1:00 pm  | Cards  
9:00 am  
Chorus  
10:00 am  
Alzheimer’s Association Office Hours  
12:00-3:00 pm  
Painting with Suzanne (1 of 2)  
12:00-2:00 pm  | Cooking with Chef Kimberly  
10:00 am  
Eldersource  
11:00 am-1:00 pm  
Memory Support Group  
12:00 pm  | Book Group  
9:00 am  
Soul Food Lunch & Story Telling $5  
11:30 am-12:30 pm  | Billiards  
10:00 am  
Café Advisory Meeting  
12:00 pm |
| **24** | **25**  | **26**    | **27**   | **28** |
| Chess Lessons 10:00 am  
Lifespan’s Living Healthy Series (4 of 6)  
11:00 am-1:00 pm  | Cards  
9:00 am  
Chorus  
10:00 am  
Monroe County Dietician  
12:00 pm  
Painting with Suzanne  
12:00-2:00 pm (2 of 2)  | Heart to Heart Talk with Life Coach: Joy Lecesse  
10:00 am  
Verona Street Animal Shelter Presentation  
12:00 pm  | Book Group  
9:00 am  
February Birthday Celebration  
12:00 pm  | Billiards  
10:00 am  
GVPT Presentation: Mindfulness and Chronic Pain  
12:00 pm |

Daily lunch available Monday-Friday 11:30am-12:30 pm  
$3 Suggested Contribution  
Featured items include: tossed salad daily and Nathan’s soups served 2-3 times weekly.  
Check out our weekly menu!
February Program Highlights

**Chess Lessons with Ed & Calvin** (c)
Mondays, February 3, 10, 17, 24 10:00 am
Did you know that chess is highly recommended for improving your memory? Ed and Calvin will be teaching us the basics.

**Lifespan’s Living Healthy Workshop** (ff)
Mondays, February 3, 10, 17, 24, & March 2 & 9 11:00 am-1:00 pm
Living Healthy is a six-week workshop proven to help you deal with fatigue, discover better nutrition and exercise choices and learn how to learn how to talk to your doctor and family about your health. Sessions include self-management of symptoms, fitness and exercise, nutrition, medication, and depression.

**Chorus** (ff)
Tuesdays, February 4, 11, 18, 25 10:00 am
Join the “Singing Lilies” for a weekly practice. All are welcome!

**Alzheimer’s Association Office Hours** (c)
Tuesdays, February 4 & 18 12:00-3:00 pm
The Alzheimer’s Association, in collaboration with Lifespan, are holding office hours at the Lily Café the first and third Tuesdays every month. Stop by for a visit!

**Working through Grief** (ff)
Wednesdays, February 5 9:30 am
Join us for these nurturing gatherings 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.

**Eldersource Care Management** (c)
Wednesdays, February 5 & 19 11:00 am-1:00 pm
Meet with our Eldersource case manager trained in the diverse needs of older adults. Your one-stop resource for assistance!

**Massage with Bill** (c)
Wednesday, February 5 11:00 am-1:00 pm
Feeling stressed? See Bill for a complimentary 10-minute chair massage.

**Book Group** (L)
Thursdays, February 6, 13, 20, 27 9:00-10:00 am
Each book will be broken down into sessions with weekly discussions. Book to be determined based on group interest.

**URMC Heart Talk** (c)
Wednesday, February 6 12:00-1:00 pm
URMC staff will be on hand to present heart health. In addition, they will also provide blood pressure checks. Don’t miss this great event!

**Reiki Share** (ff)
Friday, February 7 10:00 am-2:00 pm
Join this spectacular group to experience and learn about this alternative energy healing option.

**Rosemary Irwin Presents: The History of 1619** (c)
Friday, February 7 12:00 pm
Join Rosemary Irwin as she will bring us back to look at Black history in America 400 years ago—when the first slaves arrived in the colonies. In 1840, the value of all the enslaved people in America was more than that of all the US railroads and factories combined. The story of how black Americans helped build the country and fought for true freedom is essential to
(continued from previous page) our understanding of what is most precious to our nation. In August of 2019, The New York Times and the Smithsonian institution created the 1619 project to convey a more complete vision of what freedom cost and what it means. For this hour, we look at what this project revealed.

**Tech Tuesday with Daniel Jones (c)**
**Tuesday, February 11  12:00 pm**
Join Daniel Jones the second Tuesday of every month for an informal opportunity to ask your burning computer questions over lunch.

**Reading with the Kids (c)**
**Wednesday, February 12 10:00 am**
Join us for this wonderful intergenerational opportunity as we connect with the YMCA’s preschool children. Volunteer readers always welcome!

**Restaurant Reviewer’s Club**
**Wednesday, February 12  11:15 am-1:30 pm**
$3 trans + meal
Join the group as we head to the Mama G’s, authentic Italian cuisine to enjoy good food with friends!

**Thought Exchange and Visual Learning (c)**
**Thursday, February 13  12:00 pm**
In this member favorite, Gary & Diane Snyder facilitate a discussion by sharing inspiring videos meant to invoke feelings of goodwill and wellness.

**Updates with Vanessa (c)**
**Friday, February 14  11:45 am**
Join us for our monthly gathering with Vanessa Martell, Executive Director of the Maplewood YMCA.

**Valentine’s Day Celebration (c)**
**Friday, February 14  11:30 am**
Please join us for delicious lunch, decadent desserts, music and fun!

**Painting with Suzanne $10 (ff)**
**Tuesday, February 18 & 25  12:00-2:00 pm**
Join Suzanne for a chance to create a beautiful painting! All supplies will be provided and no experience necessary. This class will be completed in a 2-part series.

**Cooking with Chef Kimberly (c)**
**Wednesday, February 19  10:00 am**
Join Kimberly as she teaches us to cook up some delicious dish. Samples will be provided!

**Memory Challenge Support Group (ff)**
**Wednesday, February 19  12:00 pm**
Join staff from Lifespan’s Caregiver Institute for this informal gathering for people who are experiencing memory difficulties, including early Alzheimer’s and Dementia.

**Soul Food Luncheon $5 (c)**
**Thursday, February 20  11:30 am**
Please join us for this wonderful celebration in honor of Black History Month. Members will share historical information and stories to commemorate this special month.

**Billiards (c)**
**Fridays, February 21 & 28  10:00 am**
Get ready to sharpen up your focus and join us for billiards in the café. A fun game with mental and physical benefits!
Café Advisory Meeting (c)
Friday, February 21  12:00 pm
Meet with Michelle to share suggestions and future programming ideas for the Café.

Monroe County Dietician (c)
Tuesday, February 25  12:00 pm
Join Monroe County’s Dietician Cindy Rapp as she discusses how to make half your grains whole.

Heart to Heart Talk with Joy (c)
Wednesday, February 26  10:00 am
“Aw, c’mon, have a heart!” Join Life Coach, Joy Lecesse to learn simple self-care habits for our hearts: little things mean a lot! Learn three of them here. Easy-peasy, no stress.

Verona Animal Shelter Presentation (c)
Wednesday, February 26  12:00 pm
Join Maggie, Volunteer from Verona Animal shelter to learn about the Senior to Senior program and volunteer opportunities.

February Birthday Celebration (c)
Thursday, February 27  12:00 pm
Were you born in the month of February? Join us as we celebrate your birthday!

GVPT Presents: “Mindfulness and Chronic Pain” (c)
Friday, February 28  12:00 pm
Find out how stress reduction techniques have been proven to decrease stress and anxiety, ease your acute & chronic pain, improve your sleep and healthy living.

Heart Disease: Life’s Simple 7

1. Get active: Daily physical activity increases your length and quality of life. If you get at least 30 minutes of moderate physical activity each day (like brisk walking), five times per week, you can almost guarantee yourself a healthier and more satisfying life while lowering your risks for heart disease, stroke, and diabetes.

2. Control cholesterol: When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages. Cholesterol is a waxy substance and our bodies use it to make cell membranes and some hormones, but when you have too much bad cholesterol (LDL), it combines with white blood cells and forms plaque in your veins and arteries. These blockages lead to heart disease and stroke.

3. Eat better: Healthy foods are the fuel our bodies use to make new cells and create the energy we need to thrive and fight diseases.

4. Manage blood pressure: High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

5. Lose weight: If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing higher weight and keeping it off. Even losing as few as five or ten pounds can produce a dramatic blood pressure reduction.

6. Reduce blood sugar: Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Your body makes a hormone called insulin that acts like a carrier to take your food energy into your cells. If your fasting blood sugar level is below 100, you are in the healthy range. If not, your results could indicate diabetes or prediabetes.

7. Stop smoking: Cigarette smokers have a risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Smoking damages your entire circulatory system, and increases your risk for coronary heart disease, hardened arteries, aneurysm and blood clots.

Reminders: Sign up in advance for programs in the purple binder and please be sure to scan your key tag at the scanner by the entrance of the Café. We report outcome measure data to our funder United Way and this is one way to ensure we meet our goals. Thank you!
February Program Highlights

alzheimer’s association

The Alzheimer’s Association, in collaboration with Lifespan, is holding office hours at the Lily Café!

Office hours are the first and third Tuesdays every month 12:00-3:00 pm.

February Dates:
Tuesday, February 4  12:00-3:00 pm
Tuesday, February 18  12:00-3:00 pm
Stop by and say hello!

Lily Café
Hours of Operation
Monday-Friday
8:30 am - 4:00 pm

ROOM KEY:
c - Café
ff - fun fit room
L - Library
S – studio

Contact Information:
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