

2008 Community Programs

Computer Classes

We are pleased to offer these two-day classroom computer courses conducted by **Web Wise Seniors** instructors, dedicated to helping you learn basic computer skills. If you are a newcomer to the world of technology or just want to brush up on your skills, this could be the answer. **Registration required - call 347-5510. Class size is limited so call early.**

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| ➤ Understanding Computers | FREE | Date: March 3, 2008 (*one-day class) | 2:00 – 4:00 p.m. |
| ➤ Computer Basics 1 & 2 | \$40 | Dates: March 10 and 17, 2008 | 2:00 – 4:00 p.m. |
| ➤ Computer Basics 3 & 4 | \$40 | Dates: March 24 and 31, 2008 | 2:00 – 4:00 p.m. |
| ➤ Internet 1 & 2 | \$40 | Dates: April 7 and 14, 2008 | 2:00 – 4:00 p.m. |
| ➤ Email 1 & 2 | \$40 | Dates: April 21 and 28, 2008 | 2:00 – 4:00 p.m. |
| ➤ Digital Photos 1 & 2 | \$40 | Dates: May 5 and 12, 2008 | 2:00 – 4:00 p.m. |

Arthritis, Food and You!

Nutritious foods help your joints and decrease the inflammatory response that comes along with arthritis. Join us as **Matthew Witsken, M.D. and Chryis O'Connor, Registered Dietitian from Personal NEWtrition**, focus on common forms of arthritis, the symptoms, diagnosis and treatment options, including how to eat a better balance!

- **Date: March 12, 2008**
- **Time: 6:00 p.m.**
- **Cost: Free**
- **Location: Bayley Place Community Wellness Center, 401 Farrell Court**
- **Register: Call 347-5510**

Introduction to Medicare

Are you nearing the milestone age of 65 or want to brush up on the basics? Perhaps a family member needs your help understanding healthcare insurance. This program will cover the following topics: What is Medicare? What are the holes in this insurance program? Are HMOs or other alternatives the way to go? What about supplemental gap-filler insurance? What if I keep working? This free informative talk by **TriHealth Seniority coordinators** will help you through the Medicare Maze.

- **Date: March 19, 2008**
- **Times: 10:00 a.m. – 12:00 p.m. OR 6:00 – 8:00 p.m.**
- **Cost: Free**
- **Location: Bayley Place Community Wellness Center, 401 Farrell Court**
- **Register: Call 347-5510**

Our Friend the Pancreas!

The pancreas is vital to our health; in fact, diabetes results when the pancreas stops functioning properly. **TriHealth physician Robert Keyes, M.D.** will explain the critical functions of this important organ and how to keep it working for optimal health.

- **Date: April 1, 2008**
- **Time: 1:30 p.m.**
- **Cost: Free**
- **Location: Bayley Place Community Wellness Center, 401 Farrell Court**
- **Register: Call 347-5510**

AARP 55 Alive! Mature Driving Course

Class size limited – call early to reserve! This two-day classroom driving refresher course presented by **AARP** is designed for drivers age 50 and over to help drivers refine their skills and develop safe, defensive driving techniques. The course covers topics such as vision and hearing changes, the effects of medication, reaction time changes, left turns and right-of-way situations.

- **Date: April 2 and 3, 2008**
- **Time: 9:00 a.m. to 1:00 p.m. (You must attend both sessions.)**
- **Cost: \$10 course fee (payable to AARP)**
- **Location: Bayley Place Community Wellness Center, 401 Farrell Court**
- **Register: Call 347-5510**

Women in Scripture

Scripture is filled with stories which are as meaningful today as they were at the time they were first told. This program, presented by **Sister Jeanette Jabour, O.P.**, will reflect on several scripture stories and weave your personal stories into them.

- **Date:** April 8, 2008
- **Time:** 11:30 p.m.
- **Cost:** Free
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

It Ain't That Hard – Simplify Your Diet!

Good news – having diabetes no longer means giving up delicious foods or shunning dessert. It does mean learning to balance what you eat with fiber, protein and exercise. Discover how with help from dietitians from **TriHealth Diabetic Education Program**, recognized by the American Diabetes Association. They will share innovative ways to live with vitality despite having diabetes.

- **Date:** April 15, 2008
- **Time:** 10:00 a.m.
- **Cost:** Free
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

CEI for Seniors

Though vision problems may occur at any time, it is often during our adult years that we begin to experience the loss of clear, crisp vision. Many eye diseases go undetected and untreated simply because there are no noticeable symptoms. Good vision can be preserved with early diagnosis and treatment. Join us as professionals from **Cincinnati Eye Institute** discuss important eye issues such as cataracts, glaucoma and macular degeneration. Interested attendees may schedule a free screening appointment on May 1.

- **Date:** April 24, 2008
- **Time:** 1:30 p.m.
- **Cost:** Free
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

Vacation Information - Santa Fe and Durango

This vacation information slide show presented by **TriHealth Seniority** will begin in Santa Fe, nestled at the foot of the Sangre de Cristo Mountains. You will visit the five-story pueblo community Taos Pueblo, overnight in Mesa Verde National Park and enjoy the history and charm of Durango. One of the highlights to your vacation will be the Albuquerque International Balloon Fiesta, sure to be your greatest souvenir memory of your vacation to New Mexico and Colorado. Trip dates: 7/12/08 to 7/20/08. Rates: Double starting at \$2734 per person (insurance – additional \$140) includes 8-nights accommodations, round-trip airfare, 11 meals, and hometown pick up.

- **Date:** May 20, 2008
- **Time:** 9:30 a.m.
- **Location:** Community Wellness Center at Bayley Place, 401 Farrell Court
- **Register:** 347-5510

Diabetic Cooking – Keep It Simple Sweetie! (Lunch & Learn)

Mention “diabetic diet” and everyone groans. But guess what? Diabetics can have it all with delicious recipes that are bound to become instant favorites. **Julie Shapero, RD from TriHealth Pavilion** will teach us to read labels, adapt recipes and much more. Plus, we'll enjoy a buffet lunch that uses many of these practical tips!

- **Date:** May 29, 2008
- **Time:** 11:00 a.m.
- **Cost:** \$10 PREPAID RESERVATION ONLY
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

Healing Touch Spiritual Ministry

Healing Touch Spiritual Ministry is an energy based practice that promotes healing from a Christian perspective. Within the Christian/Judeo tradition of being called to heal we believe that all healing comes from God. You will learn about the history of hands-on healing, the use of essential oils, and the importance of prayer and healing presence within this ministry. Join us as **Susan Haumesser, Bayley Place Pastoral Care Chaplain** explains and demonstrates this special ministry of healing.

- **Date:** June 3, 2008
- **Time:** 1:30 p.m.
- **Cost:** Free
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

Emotional Stress and Your Body's Response

Join us as **Matthew Syrek, D.C.** discusses how emotional stress causes a variety of musculoskeletal symptoms, including pain and discomfort. Dr. Syrek will also discuss how each individual can cope with the physical responses of stress, and help you get back to a healthy lifestyle. Dr. Syrek is affiliated with **Beacon Orthopaedics & Sports Medicine**, and is the chiropractic consultant to professional, collegiate, and high school athletic programs across the region.

- **Date:** June 10, 2008
- **Time:** 1:30 p.m.
- **Cost:** Free
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

AARP 55 Alive! Mature Driving Course

Class size limited – call early to reserve! This two-day **AARP** classroom driving refresher course is designed for drivers age 50 and over to help drivers refine their skills and develop safe, defensive driving techniques. The course covers topics such as vision and hearing changes, the effects of medication, reaction time changes, left turns and right-of-way situations.

- **Date:** July 9 and 10, 2008
- **Time:** 9:00 a.m. to 1:00 p.m. (You must attend both sessions.)
- **Cost:** \$10 course fee (payable to AARP)
- **Location:** Bayley Place Community Wellness Center, 401 Farrell Court
- **Register:** Call 347-5510

ONGOING Services & Volunteer Opportunities

Weight Watchers®

Come on your own or bring a friend ~ new members are always welcome

- **Monday evening meetings at the Community Wellness Center**
- **Weigh-in between 6:00 – 6:30 p.m., meeting 6:30 – 7:00 p.m.**
- **FITNESS CLUB** staff will show us ways to increase activity on the 3rd **Monday each month**, and..... if you **join the Fitness Club**, identify yourself as a Weight Watchers® member, your **joiner's fee will be waived** (\$75 value)!

Blood Pressure Screenings

Bayley^{PLUS} Community Outreach Services invites you to have a **free** blood pressure screening by a Registered Nurse, courtesy of Hillebrand Home Health. **No appointment necessary. Call 347-5510 for more information.**

Second Wednesday each month

1:00 – 3:00 p.m.

Bayley Place Care Conference Room 1st floor

Fourth Tuesday each month

11:00 a.m. – 12:30 p.m.

Community Wellness Center at Bayley Place Lobby

Home Delivered Meals

In collaboration with Community Services West, the Home Delivered Meals program serves nourishing meals to adults age 60 and older in the Delhi community. Menus and meals are prepared under the supervision of a Licensed Dietitian to ensure they meet federal recommended dietary allowances. **Call 353-3011 to obtain services, or to inquire about volunteer opportunities.**

Emergency Response Service

Bayley^{PLUS} Community Outreach Services collaborates with VRI, Inc. to provide the Personal Emergency Response Service. The touch of a button connects to immediate help in cases of emergencies, security issues or just reassurance. "Care calls" are always treated with the same importance as emergencies at the 24-hour call center. Enjoy increased independence and peace of mind with the Personal Emergency Response Service. **Call 347-5510 for information.**

The Prayer Shawl Ministry

The Bayley Knitters offer an open invitation to join our talented volunteers in knitting and crocheting *Prayer Shawls*. Completed shawls are blessed and distributed to those in need of a comforting touch. Our volunteers experienced in knitting and crocheting will gladly teach anyone interested in learning. Work at home, or with the group on the **2nd and 4th Wednesdays of each month, 1:00 – 3:00 pm, 3rd floor Hillside lobby at Bayley Place. For additional information or to request a prayer shawl, call 347-5510.**

Card Circle

Since 1993 the **Card Circle** has been bringing cheerful greetings to approximately 1,000 west-side nursing home residents who do not receive mail. Personal notes written by Card Circle volunteers make Christmas, Easter and birthdays more special. New card donations are gratefully accepted and volunteers can work from home. **Call 347-5488 to inquire about volunteer opportunities or to donate new cards.**

Red Hat Chapter

On June 2, 2005 the Bayley Place chapter of the **“Dazzling Delhi Divas”** became official with 47 red-hatted members. The Chapter “Queen’s Court” consists of 6 members who volunteer to plan six fun-filled events per year. These events are saved for posterity in the scrapbook through photos and comments by the Historian. **For additional information, call 347-5510.**

Centering Prayer

The busyness of life often prevents us from being aware of God within us, but we can develop this awareness in contemplation, the practice of the prayer of silence. This practice is available to any Christian wanting a closer relationship with God. The Centering Prayer group meets weekly. **For additional information, call 347-5510.**

Outpatient Therapies

Physical, occupational and speech therapy are offered to members of the community through Bayley^{PLUS} Community Outreach Services. Licensed therapists provide assessments and treatments and reliable, consistent communication with individuals and their physicians. This is a Medicare/Medicaid certified program. **Call 347-5510 for information.**

Life Learn Program

The Life Learn Program, in coordination with The College of Mt. St. Joseph, offers spring and fall sessions designed to provide learning experiences for mature learners. Classes provide opportunities for sharing knowledge and skills with no exams, just the fun of learning and interaction with old and new friends. **For additional information call 347-5514.**

Resource Center

The Resource Center, located in Bayley Place, provides a centralized location for a wide range of information for the residents, families and community-at-large. Informational brochures are available on health topics, illness, diseases, caregiving resources, along with current periodicals, video and audio tapes for health care and social service professionals. A variety of religious books and magazines are available. **Call 347-5510 for information.**

Information & Referral Service

Information about community services can be obtained by phone, email or onsite requests. From home care and transportation assistance to Internet searches, we can perform for a wide variety of needs or locations of service providers nationwide. Referrals can be made upon request. **Call 347-5510 for information.**