

THE WESTSIDE RESOURCE CENTER

NEWSLETTER

a partnership of



Lifespan at the Westside
Family YMCA
920 Elmgrove Road
Rochester, NY 14624
Office (585) 341-3075

January 2018



Happy New Year!

At the start of every New Year we each have a chance to wipe the slate clean, to re-evaluate our direction, our choices, our goals. We get a “do over.” With best intentions, we set high standards and hit the ground running. However, not everything may go as planned and we may fall short of what we intended. Remember, we are HUMAN. Short term goals are great. We intend to get to the gym every morning. We plan to eat better, be nicer, relax more. In truth, the real, deeper goal is OPTIMISM. It’s the attitude that regardless of what gets in our way or how long we are “road blocked”, we will always, and without fail, rise, continue to move forward and try again!

Research shows that having a positive outlook on life will make you happier, healthier, and improve your quality of life. It makes you unstoppable and capable of just about anything.

Let’s make 2018 the best year ever!

Westside Resource Center
Hours of Operation

Monday-Friday
8:30am - 4:00pm

Contact Information:

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Room Key:
(L) – Lounge
(C) – Conference Rm.
(K) - Kitchen

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 HAPPY NEW YEAR! Westside Resource Center is closed today!	2 Holiday Clean Up 10:00am New Year Goals 1:00pm	3 Card Games 9:15am Coffee w/ Julie B. 10:00am Wellness Wednesday 12:30pm	4 AOA Volunteer Mtg. 9:30am Brain Fitness 1:00pm	5 Mah Jongg 9:15am Cooking W/ Julie B. 10:00am Dominoes 12:00pm Member Advisory Mtg. 1:00pm
8 Blood Pressure Check 8:00 – 11:00am GVPT: Hip Pain 10:00am Beg. Crochet w/ Pamela 1:30pm	9 Essential Oils and Aromatherapy 10:00am MOB Series (1 of 8) 12:30 – 2:30pm Parkinson's Support Grp. 1:00 – 2:30pm	10 Card Games 9:15am Kindness Rocks 10:00am Eldersource 11:00am -1:00pm Wellness Wednesday 12:30pm	11 Kindness Creations (Dress A Girl) 10:00am – 2:00pm MOB Series (2 of 8) 12:30 – 2:30pm	12 Mah Jongg 9:15am Community Awareness w/ Joe Resch 10:00am Dominoes 12:00pm Smart Phone Class \$1pp 1:00pm
15 Martin Luther King Jr. Day Westside Resource Center is closed today!	16 Book Club 11:00am – 12:00pm MOB Series (3 of 8) 12:30 – 2:30pm	17 Card Games 9:15am MVP Presents: Beat the Blahs 10:00am Wellness Wednesday 12:30pm	18 Meditation w/ Julie 10:00am MOB Series (4 of 8) 12:30 – 2:30pm Computer Instruction 1 – 2pm or 2 – 3pm	19 Mah Jongg 9:15am January Birthday Social 10:00am Dominoes 12:00pm Card Class \$3pp 1:00pm
22 GVPT: Hip Screenings 10:00am Card Class \$3pp 10:00am Beg. Crochet w/ Pamela 1:30pm	23 Excellus Open House Information 10:30am MOB Series (5 of 8) 12:30 – 2:30pm	24 Card Games 9:15am Smart Phone Class \$1pp 10:00am Eldersource 11:00am – 1:00pm Wellness Wednesday 12:30pm	25 New Member Coffee 11:00am MOB Series (6 of 8) 12:30 – 2:30pm	26 Mah Jongg 9:15am Healthy Happenings w/ Jen Zipkin 10:00am Dominoes 12:00pm Smart Phone Class \$1pp 1:00pm
29 “Beat the Winter Blahs” Luncheon \$5pp 10:00am – Steel Drums 11:00am – Lunch *Must pay at time of registration with Lifespan	30 Meditation w/ Julie 10:00am MOB Series (7 of 8) 12:30 – 2:30pm	31 Card Games 9:15am Cooking w/ Julie B. 10:00am Wellness Wednesday 12:30pm	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Reminder: All programs require registration. Register in the AOA Program Book located in the Westside Resource Center during the day or at the Membership desk during the evenings and weekends.</p> </div>	

January Program Highlights

Holiday Clean Up

Tuesday, Jan. 2

10:00am (L)

Many hands make light work! Let's help take down and put away our holiday decorations. Light refreshments will be served.

New Year's Goals

Tuesday, Jan. 2

1:00pm (L)

Let's get together to discuss our goals for the New Year. Helpful hints to setting realistic goals will also be discussed.

Card Games

Wednesdays; Jan. 3, 10, 17, 24 & 31

9:15am (L)

Games played include Hand and Foot, Canasta, and Pinochle.

Coffee with Julie B.

Wednesday, Jan. 3

10:00am (L)

Join Julie for coffee and conversation and learn what programs are planned for the new year!

Wellness Wednesdays

Wednesdays; Jan. 3, 10, 17, 24 & 31

12:30pm (L)

Various health and wellness topics will be discussed each Wednesday.

Brain Fitness

Thursday, Jan. 4

1:00pm (C)

Join us for some fun games and other activities to engage the brain "muscle."

Mah Jongg

Fridays; Jan. 5, 12, 19 & 26

9:15am (C)

Cooking with Julie B.

Friday, Jan. 5

10:00am (K)

Join Julie B. as she prepares a delicious and healthy recipe for the New Year!

Member Advisory Meeting w/ Tracy

Friday, Jan. 5

1:00pm (L)

We are looking for our members to join us to share your thoughts, concerns or ideas about our center. Your opinion matters!

Blood Pressure Checks

Monday, Jan. 8

8:00 – 11:00am (L)

GVPT Presents: Hip Pain

Presenter: Michael Dix, DPT

Monday, Jan. 8

10:00 – 11:00am (C)

Join GVPT as we learn about hip pain, what causes it and how PT can help.

Beginner Crochet with Pamela Langdon

Mondays; Jan. 8 & 22

1:30pm (L)

Come and join in on the fun and "knot" with us. Are you a true beginner or just forgotten what you learned from your grandmother? Start with some basic knots and learn to read a pattern so you can make all those creative items you have seen for the holidays. You are asked to bring a "F" or "G" hook.

Essential Oils: "Aromatherapy"

Tuesday, Jan. 9

10:00 – 11:00am (C)

Instructors: Bonnie O'Neill, RN and

Sandra Vatter, RN

Explore the journey of essential oils through history, how they are produced, and examples of how they can be used today. Essential oils support your health and wellbeing. Come and learn how to incorporate them into your lifestyle.

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January Program Highlights

Lifespan presents: Matter of Balance Series

Tuesdays & Thursdays: Jan. 9 – Feb. 1

12:30 – 2:30pm (C)

Lifespan is offering this complementary 4 week workshop, which meets two times a week for 2 ½ hours. This peer led series helps to reduce the fear of falling. It will also focus on increasing physical activity levels of older adults who have concerns about falling. Note: A minimum number of 6 participants must be met to run the program.

Parkinson's Support & Information Group

Tuesday, Jan. 9

1:00 – 2:30pm (C)

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 Tracy or Julie at Lifespan.

"Kindness Rocks" Project

Wednesday, Jan. 10

10:00am (L)

The "Kindness Rocks" Project was created to spread inspiration and a moment of kindness for unsuspecting recipients through random inspirational rocks dropped along the way. The hope is that someone will find a rock with a message that speaks to them. Kindness is needed now more than ever. Together we can make a positive impact!

Note: Please bring in 1 – 3 flat, smooth, palm-size rocks. All other supplies will be provided.

Eldersource Case Management

Wednesdays; Jan. 10 & 24

11:00am – 1:00pm (Lifespan Office)

Betsy Brightman, 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.

Kindness Creations (Formerly Dress A Girl Around The World Program)

Thursday, Jan. 11

10:00am – 2:00pm (L)

Join this volunteer group who has been creating dresses for girls in developing countries. No experience with sewing is necessary. Learn as you go! We are looking for volunteers to iron, cut fabric and make dolls. *Light refreshments will be provided.

Community Awareness w/ Deputy Joe Resch

Friday, Jan. 12

10:00am (L)

Deputy Joe Resch of the Monroe County Sheriff's Department will visit with helpful hints on how to stay safe within the community.

Smart Phone Beginner Class \$1pp

Friday, Jan. 12

1:00pm (C)

Are you the new owner of a "smart phone"? Here's your chance to learn how to take pictures, set up your contacts, apply apps and more! Class size set for 6 participants.

Book Club: Paula Blackburn, Gates Library

Tuesday, Jan. 16

11:00am (C)

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.

MVP Presents: "Beat the Blahs"

Wednesday, Jan. 17

10:00 – 11:00am (C)

Join Suzanne Feather from MVP as she gives us insight into what we can do to "beat the blahs" during the winter months.



Like us on
Facebook

January Program Highlights

Meditation w/ Julie Montgomery

Thursday, Jan. 18

10:00am (L)

Take some time to destress, relax and unwind. Join Julie for a relaxing half hour of “me” time.

Computer Instruction

Thursday, Jan. 18

1:00 – 2:00pm or 2:00 – 3:00pm (C)

Bring your questions as well as your laptop, tablet or iPad. Staff will be on hand to answer questions you may have. Limited number of computers will also be available to borrow.

January Birthday Social

Friday, Jan. 19

10:00am (L)

Attention all members who have birthdays in December. Join us as we celebrate YOU! Registration is required.

Card Making Classes \$3pp

Session I: Friday, Jan. 19 1:00 – 3:00pm

Session II: Monday, Jan. 22 10:00 – 11:30am

Let’s get together for a quick “make & take”. You will be able to make 4 cards, using simple paper crafting techniques. All supplies will be provided. Class size is restricted to 10 per session. **NOTE: Please sign up for only one session per month so that we may accommodate more members who are interested in this class.**

GVPT: Hip Screenings

Monday, Jan. 22

10:00 – 11:00am (C)

GVPT staff will be on hand to evaluate and answer any questions you may have regarding issues with your hips or hip pain. Please register for a 10 minute appointment.

Excellus “Open House” Information

Tuesday, Jan. 23

10:30am (C)

Representatives from Excellus will be on site to answer any questions you may have with regards to your health insurance.

Smart Phone Beginner Class \$1pp

Wednesday, Jan. 24

10:00am (C)

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

New Member Coffee Hour

Thursday, Jan. 25

11:00am (L)

Are you new to the Y? If you have questions, join Julie Montgomery, Tracy or Jackie to get your answers!

Healthy Happenings w/ Jen Zipkin

Friday, Jan. 26

10:00am (C)

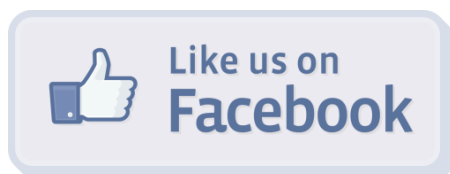
A New Year, A New You...one snack at a time! Setting and sticking to your goals, including making the best snack choices!" Join Jen to discuss goal setting & working toward a healthy eating plan in 2018!

Smart Phone Beginner Class \$1pp

Friday, Jan. 26

1:00pm (C)

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



Please remember to sign up for all programs in the AOA Program Book. This is our way of ensuring that programs will meet the minimum numbers of participants and not be cancelled.

January Program Highlights

Beat the Winter Blahs Luncheon \$5pp
Featuring Alfred St. John on Steel Drums
Monday, Jan. 29

Entertainment: 10:00 – 11:00am

Lunch: 11:00am – 12:00pm

Let the sounds of the tropics make you feel like you are on a Caribbean vacation. Alfred St. John will take us away, to a warm and sunny place...even if it is only for an hour. Don't forget to stay for our themed tropical lunch. Lunch will be served after our entertainment.

Meditation w/ Julie Montgomery

Tuesday, Jan. 30

10:00am (L)

Take some time to destress, relax and unwind. Join Julie for a relaxing half hour of "me" time

Cooking with Julie B.

Wednesday, Jan. 31

10:00am (K)

Join Julie B. as she prepares a delicious recipe for Super Bowl Sunday.

This Year

BELIEVE THAT ANYTHING IS POSSIBLE

START EACH DAY WITH GOALS

EAT MORE REAL FOOD

BUY GOOD BOOKS AND MAKE TIME TO READ THEM

DRINK WATER

EXERCISE DAILY EVEN WHEN IT SOUNDS LIKE A TERRIBLE IDEA

SHOP FOR QUALITY NOT QUANTITY

PURGE THE UNNECESSARY AND DECREASE CLUTTER

HUG THE ONES I LOVE

FIND THE BEST IN OTHERS

SHOW OTHERS THE BEST IN ME