



ETHOS | 555 Amory Street, Jamaica Plain, MA 02130 | www.ethocare.org

Fall 2018 CLASS AND ACTIVITY SCHEDULE

HEALTHY LIVING WORKSHOPS:

My Life, My Health

My Life, My Health: Chronic Disease Self-Management Program (CDSMP) is an informative, interactive workshop, designed for adults who live with the daily challenges of one or more ongoing health conditions. It will give people with chronic conditions (such as high blood pressure, arthritis, heart disease, cancer, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. The workshop is offered at no charge and the book, *Living a Healthy Life with Chronic Disease* is provided for each participant. Workshop meets 1 day per week for 6 weeks.

Location: BCYF Ohrenberger Community Center, 175 W. Boundary Road in West Roxbury

Day and Time: Wednesdays, 10:00 a.m. – 12:30 p.m.

Class Dates: November 7th thru December 12th, 2018

OR

Location: Twelfth Baptist Church, 160 Warren Ave. in Roxbury

Day and Time: Thursdays, 1:30 – 4:00 p.m.

Dates: TBA

Chronic Pain Self-Management Program

Chronic pain and discomfort limit activities adults may enjoy. This 6-week workshop is offered at no charge and teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and more. This evidence-based workshop was developed by Dr. Kate Lorig and her colleagues at Stanford University's Patient Education Research Center. Classes are highly participative, where mutual support and successes build a participants' confidence in their ability to manage their health, and maintain active and fulfilling lives. The workshop includes lecture and group discussion, and a mild, strength and flexibility exercise routine. Each participant receives the manual, *Living a Healthy Life with Chronic Pain*, and an exercise CD.

Location: Springhouse Senior Living, 44 Allendale Street in Jamaica Plain

Day and Time: Thursdays, 1:30 - 4:00 p.m.

Class Dates: August 23rd – September 27th, 2018

OR

Location: IORA Primary Care, 912 River Street in Hyde Park

Day and Time: Thursdays, 1:30 - 4:00 p.m.

Class Dates: October 25th – December 6th, 2018 (skipping Thanksgiving week)

Diabetes Self-Management Program

Learn to manage your diabetes (or pre-diabetes) with techniques to deal with symptoms such as fatigue, pain, blood sugar ups and downs, and stress. Discover better nutrition and exercise choices, understand treatment alternatives, practice menu planning and learn better ways to talk about your health with doctors, family, and friends. Classes run once a week for 6 weeks and are offered at no charge. The book, *Living a Healthy Life with Chronic Disease* is provided for each participant. Caregivers welcome.

Location: BCYF Grove Hall Senior Center, 51 Geneva Avenue in Dorchester

Day and Time: Tuesdays, 10:00 a.m. – 12:30 p.m.

Class Dates: October 9th, 23rd, 30th, November 13th, 27th, and December 4th

FALLS PREVENTION:

A Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. *A Matter of Balance: Managing Concerns About Falls* is a program designed to reduce the fear of falling and increase activity levels among older adults. Classes run for 8 weeks and include fun videos, group discussion, a safe surroundings survey, and mild exercise to increase strength and flexibility. *A Matter of Balance: Managing Concerns About Falls* is offered at no charge.

Location: Spring Street Apartments, 23 Spring Street in West Roxbury

Day and Time: Wednesdays, 2:00 – 4:00 p.m.

Class Dates: September 12th – October 31st, 2018

OR

Location: Sophia Snow Place, 1215 Centre Street in West Roxbury

Day and Time: TBD

Class Dates: late fall start date

OR

Location: Grove Hall Library, 41 Geneva Avenue in Dorchester

Day and Time: Wednesdays, 2:00 – 4:00 p.m.

Class Dates: October 24th – December 12th, 2018

Tai Chi for Seniors

This evidence-based workshop focuses on preventing falls and improving balance through the regular practice of Tai Chi. Participants will learn 8 single forms, derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently, reduce the risk of falling. Classes are offered at no charge and meet twice a week for 12 weeks.

Location: BCYF Roche Family Community Center, 1716 Centre Street in West Roxbury

Day and Time: Mondays and Wednesdays, 3:00 – 4:00 p.m.

Class Dates: September 10th – November 28th, 2018

Tai Ji Quan: Moving for Better Balance

NEW! Tai Ji Quan is an evidence-based physical activity program for older adults. This workshop promotes better balance and stronger muscles using elements of Yang style Tai Chi. Functional strength training, balance exercises and focused breathing are an essential part of this new program. *Tai Ji Quan: Moving for Better Balance* classes are offered at no charge and meet twice a week for 12 weeks.

Location: Hyde Park Community Center, 1179 River Street in Hyde Park

Day and Time: Tuesdays and Thursdays, 10:00 – 11:00 a.m.

Class Dates: October 23rd 2018 – January 24th, 2019

OR

Location: Edelwiess Village (The German Centre), 2220 Centre Street in West Roxbury

Day and Time: Tuesdays and Thursdays, 10:00 – 11:00 a.m.

Class Dates: September 24th – December 13th, 2018



For more information or to register for any of these workshops and programs, contact Ann Glora at 617-477-6616 or aglora@ethocare.org

FALLS PREVENTION Continued:

Tai Chi Club

Calling all former and current Tai Chi participants! Tai Chi Clubs are continuing in 2 communities. This is **not** Tai Chi instruction. It is a program for those who have taken the *Tai Chi for Seniors* workshop and would like to practice weekly with an instructor or experienced student. For more information or to register, contact Ann Glora at 617-477-6616 or aglor@ethocare.org

Location: BCYF Hyde Park Community Center, 1179 River Street in Hyde Park

Day and Time: Tuesdays and Thursdays 11:00 a.m. to 12:00 p.m.

Start Date: September 18, 2018

OR

Location: BCYF Ohrenberger Community Center, 175 W. Boundary Road in West Roxbury

Day and Time: Mondays, 9:30 – 10:30 a.m.

Start Date: September 17, 2018

ALSO AVAILABLE:

Technology Tutoring Program

Student volunteers from The Roxbury Latin School give seniors an introduction to computers or smart phones in their state-of-the-art computer lab. This program allows the senior to work one-on-one with a student to learn basic technology skills. If you are working on a laptop or tablet at home, you may bring that with you. If you would like to learn more about your smart phone, bring that too! Seniors with all levels of experience are welcome to participate in this program, from beginners on up! Technology Tutoring meets for one hour, once a week for 6 weeks and is offered at no charge. *Long walk from parking to door and classroom.

Location: Roxbury Latin School, 101 Saint Teresa Avenue in West Roxbury

Day and Time: Tuesdays, 3:15 to 4:15 p.m.

Class Dates: Mid-September start, dates TBD

Healthy IDEAS

(Identifying Depression, Empowering Activities for Seniors)

Healthy IDEAS is an evidence-based program designed to detect and reduce signs of depression in older adults with chronic health conditions and functional limitations. Trained interns and staff provide weekly in-home and phone counseling sessions for twelve weeks during which clients are encouraged to manage their depressive symptoms by engaging in meaningful activities at home and in the community. Staff and clients discuss the areas of life that can be improved and work together to develop a plan of action. Ethos partners with health and mental health care providers, community organizations, and aging services to provide referrals for clients.

For more information or to participate in this in-home program (at no cost to you), please contact Claribette Del Rosario at 617-477-6644 or CDELROSARIO@ethocare.org

In-Home Computer Training

Seniors with computers in their home or in a common area of their living facility can meet once a week for 6 weeks with a volunteer to learn computer basics, helping to stay connected to the outside world. Must be connected to the internet.

For more information or to participate in this in-home program (at no cost to you), please contact Miriam Michelson at 617-477-6940 or mmichelson@ethocare.org



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Memory Café

A Memory Café is a social gathering where people with memory loss and their caregivers can come together in a safe, supportive environment. Guests can share conversation over a cup of coffee in a relaxed atmosphere that sometimes includes music, art, or other forms of entertainment and provides families who are living with Dementia or Alzheimer's a support group to lean on and resources to share. Cafés are offered at no charge and anyone from any neighborhood may attend. Reservations are requested, but not required. For more information or to add your name to the notification list, contact Ann Glora at aglor@ethocare.org or 617-477-6616.

Location: BCYF Roche Family Community Center, 1716 Centre St. in West Roxbury

Day and Time: Second Tuesday of each month, from 1:00 to 3:00 p.m.

Monthly Lunch - AgeWell Café

A hot lunch and a guest speaker are offered each month. Topics include information on health care, city services, age-friendly initiatives, scams, financial health, nutrition, and much more! There is a suggested \$2.00 donation for the lunches. Seating is limited and pre-registration is required. For more information or to add your name to the notification list, or to register, contact Ann Glora at aglor@ethocare.org or 617-477-6616.

Location: Spring Street Apartments, 23 Spring Street in West Roxbury

Day and Time: Third Tuesday of each month, from 12:00 to 2:00 p.m.

Save the date!

Conversation on Aging: Falls Prevention Health Fair

One out of every three adults, over the age of 65, will fall each year! Learn how to prevent falls and feel healthier and more confident by attending the Ethos Falls Prevention Health Fair. Learn what causes falls, how to prevent them, and what to do after you have had a fall. Information on programs, products and/or services for seniors pertaining to fall prevention will be available. Testing for eyes, ears, blood pressure, and balance on site. Have your walker or cane checked for proper adjustment. All seniors and caregivers are welcome to attend. Seats are limited, you must pre-register. For more information or to register, contact Ann at 617-477-6616 or aglor@ethocare.org

Date: Tuesday, September 25, 2018

Location: Boston Lodge of Elks #10, 1 Morrell Street in West Roxbury

Time: 10:00 a.m. to 1:00 p.m.

ETHOS / AGEWELL CONTACT INFORMATION:

Ann Glora | Healthy Aging Program Manager | 617-477-6616 | aglor@ethocare.org

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Anna Brooks | Healthy Aging Program Coordinator | 617-477-6695 | abrooks@ethocare.org

Claribette Del Rosario | Mental Health Services Program Manager | 617-477-6644 | cdelrosario@ethocare.org

Miriam Michelson | Volunteer Services Coordinator | 617-477-6940 | mmichelson@ethocare.org

Meg Barhite | Director, Counseling and Support Services | 617-477-6623 | mbarhite@ethocare.org

Ray Santos | Chief Development and Community Relations Officer | 617-477-6638 | rsantos@ethocare.org

For additional information about senior services in Boston, please contact **Boston ElderINFO 617-292-6211**



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