

GOLDSTONE CAREGIVER CENTER

MAY 2019

STAFF CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>**SEE BACK FOR PROGRAM DETAILS** All programs take place in the Caregiver Center unless otherwise specified.</p>				<p>1:20-1:30pm: Midday Meditation</p>
6	7	8	9	10
<p><u>12:45-1:15pm: Chair Yoga</u> 1:20-1:30pm: Midday Meditation</p>				<p>1:20-1:30pm: Midday Meditation</p>
13	14	15	16	17
<p><u>12:45-1:15pm: Chair Yoga</u> 1:20-1:30pm: Midday Meditation</p>			<p>4:15-5:00pm: Tai Chi</p>	<p>1:20-1:30pm: Midday Meditation</p>
20	21	22	23	24
<p><u>12:45-1:15pm: Chair Yoga</u> 1:20-1:30pm: Midday Meditation</p>			<p>12:00-1:00pm: Panel Discussion IN CREASY AUDITORIUM “Caregiving: A Different Perspective” (see back for details)</p>	<p>1:20-1:30pm: Midday Meditation</p>
27	28	29	30	
<p>CAREGIVER CENTER CLOSED</p> <p>MEMORIAL DAY</p>				

GOLDSTONE CAREGIVER CENTER

Open Monday through Friday : 9:00am-4:00pm.

Located on the 5th Floor (Main Lobby) of the Buck Pavilion.

MAY PROGRAMS

All programs listed below take place in the Goldstone Caregiver Center Conference Room, unless otherwise specified.

PANEL DISCUSSION: Caregiving: A Different Perspective: Thursday, May 23 @ 12:00-1:00pm

****NEW LOCATION: CREASY AUDITORIUM****

Presented by: Douglas Kahn, D.O., Jo-Ann Maroto-Soltice, M.D., Jeff McKay, P.T.

Join this diverse panel of medical professionals as they share their messages and appreciation to caregivers: their perspective and validation of your important role as a caregiver through their professional lenses, advice they'd like to share, how caregivers can be an effective member of the team, and more.

Meditation: Every Monday and Friday, 1:20-1:30pm, EXCEPT MAY 27 (CLOSED FOR MEMORIAL DAY)

Meditation has been shown to help decrease anxiety and stress, and promote a sense of well-being. Join Chaplain Noelle D'Agostino and/or Lynn Crager, Director of Spiritual Care and the Goldstone Caregiver Center, for a guided meditation for rest, renewal and reflection. All staff and visitors are welcome to attend. No sign-up necessary.

Chair Yoga: Every Monday @ 12:45-1:15pm EXCEPT MAY 27 (CLOSED FOR MEMORIAL DAY)

Yoga relieves stress, creates calmness in the mind and body while promoting improved overall health, well-being and strengthening of the immune system. NO EXPERIENCE REQUIRED! Participants will be guided through relaxing breathing techniques and simple yoga poses and stretches while being seated in a chair. Facilitated by Mary Ann Petrilena, 200 hour Yoga Alliance Certified Teacher, Certified Yoga for Cancer Instructor, and founder of Well Aligned Yoga, and Liz Winson, 200 hour Yoga Alliance Certified Instructor and Licensed Physical Therapist.

Tai Chi: Moving for Better Balance: Third Thursday of every month @ 4:15-5:00pm – May 16

Certified Instructors: Blair Balmforth, M.A., CCEMTP, NRP and Ruth R. Piehler, MSN, RN

Tai Chi: Moving for Better Balance is a research-based balance training, developed by Fuzhong Li, Ph.D., designed for older adults as well as *anyone (of any age!)* who is looking to strengthen their balance. This program moves the focus from its historical use as a martial art or recreational activity to promoting health by addressing common, but potentially debilitating, functional impairments/deficits.

NO EXPERIENCE NECESSARY!

Grief Recovery Method® Grief Support Group:

This group meets for eight weeks and offers a step by step action program for moving beyond death, divorce, and other losses. Group members are expected to attend all sessions. To register for future sessions or for further information contact Chaplain Beryl Knudsen, Certified Grief Recovery Specialist® at 203-739-7135 OR beryl.knudsen@wchn.org.

For more information about the above or to RSVP, please contact Miranda Dold, LCSW, Manager and Social Worker of the Goldstone Caregiver Center (Phone) 203-739-4921 or (Email) miranda.dold@wchn.org