

# Making the Connection

Published twice a year by the Center for Excellence in Aging & Community Wellness



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# Making the Connection

## Making the Connection

is published twice a year and is edited by Lisa Ferretti, Lauren Benoit, Linda Borowsky, F. Lee Adlowitz and Anthony F. Rossi. Proofread by Anne Petruska.

Cover illustration

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### Making the Connection

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## Mission

The Center for Excellence in Aging & Community Wellness stands at the nexus between universities and communities collaborating to create new knowledge and to translate existing knowledge into practice.

As a translational research center, the Center promotes the adoption of effective, innovative practices and policies that address the needs of aging persons, their families and caregivers with an emphasis on vulnerable and oppressed populations.

## Partnerships

RSVP and OASIS are sponsored by the Center for Excellence in Aging & Community Wellness at the School of Social Welfare, University at Albany.

RSVP is funded primarily by the Corporation for National and Community Service, and by the New York State Office for the Aging.

OASIS is funded by the OASIS Institute and OASIS members.

# Celebrating Diversity in our Neighborhood

By Gail Myers, New York StateWide Senior Action Council

Older residents of the Capital Region have a broad array of interests, backgrounds and talents. While we celebrate the diversity of the community we can also reflect on what brings us together. Among the unifying issues is the desire to age in our community of choice, to live with dignity, to be treated with respect, and to have economic security. New York's seniors have been advocating for innovative programming like health and wellness benefits, and actively volunteering to improve our communities.

New York StateWide Senior Action Council is a grassroots senior advocacy organization working to improve the quality of life for New York seniors and their families. StateWide was organized in 1972 from *War on Poverty* funds with the goal of developing an organization of older New Yorkers who could advocate for the interests and needs regarding services, programs and policies affecting older persons.



When it comes to public policy matters, StateWide is especially focused on the needs of low-income and minority seniors. In the 1980s, we played a key role in advocating for laws ending mandatory retirement and enacting the *Elderly Pharmaceutical Insurance Coverage (EPIC)* program. This year, we played a key role in preserving the *EPIC* program when faced with state budget cuts while providing education and assistance to *EPIC* enrollees to understand the program changes. Seniors from all parts of our state are joining together with a united voice to protect Social Security and Medicare from possible federal cuts and ensure that these safety net programs are in place for future generations.

Funded in part by the *New York State Office for Aging*, StateWide members and staff work to ensure that seniors and their families understand any changes in Medicare and pharmaceutical coverage. We assist seniors in making informed decisions during the open enrollment period (this year October 7 to December 15) and we help throughout the year with questions that arise about insurance coverage or patients' rights. Our confidential counselors are just a phone call away at 518-436-1006, at no charge to you.

Our Capital Region Chapter is currently planning monthly meetings that are certain to include lively and informative discussions focusing on public policy issues. Get involved, stay active, and stay informed. A portal to senior issues can be found on our website at [www.nysenior.org](http://www.nysenior.org), including contact information for our Capital Region chapter meetings. All are welcome. ★

# New York State Capital Region OASIS Catalog

September – December 2011



## What is OASIS?

OASIS is a national education organization dedicated to enriching the lives of adults ages 50+ through lifelong learning and service. Offering stimulating programs in the arts, humanities, health, technology, and volunteer service, OASIS brings people together to learn, lead and contribute in their communities.

OASIS serves a national membership of more than 360,000 adults aged 50 and older. Membership is free and class fees are affordable.

## How to Register

You may register for classes and trips by mail (see registration form on page 17) or through the web at [www.oasisnet.org](http://www.oasisnet.org). Directions to class locations and instructor biographies are included on the website.

## Important Notes

- If you need to cancel a registration for a class/trip, PLEASE NOTE: Refunds (form of Credit Vouchers only) are typically only given for: 1) program cancellations made by the OASIS office, 2) medical reasons, 3) family emergencies, and 4) jury duty. Refund requests must be made by contacting the OASIS office as soon as possible, preferably at least 24 hours prior to the start of the program. **Refunds will be given in the form of OASIS credit vouchers ONLY. NO EXCEPTIONS.**
- A full biography of each presenter can be found on the OASIS website or call the OASIS office at 442-5576 and we can mail that to you.
- A very special thank you goes out to all the OASIS committee volunteers who contributed greatly to the success of the OASIS Fall 2011 Semester.

Please contact OASIS at 518-442-5576,  
[oasis@albany.edu](mailto:oasis@albany.edu) or visit  
[www.oasisnet.org](http://www.oasisnet.org) for further information!

## Course Listings

### Living Healthy Workshop #950

Tuesdays, Sept. 20, 27, Oct. 4, 11, 18, 25

1:00pm – 3:30pm

Ingersoll Place **FREE**

The Living Healthy workshop is a 6-session, peer-led health education program for people with any type of ongoing health condition. The classes complement the health care you may already be receiving. The purpose of this workshop is to enhance your ability to manage your health and maintain an active and fulfilling lifestyle.

### Mental Health Issues As We Age #951

*Instructor: Philip McCallion, Ph.D., Professor in the School of Social Welfare at UAlbany and Director of the Center for Excellence in Aging & Community Wellness*

Monday, Sept. 19

10:00am - 12:00pm

Atria Guilderland **\$18**

Does the risk of mental illness increase with age? What are some of the possible causes when I feel less able to manage things? What is some of the new knowledge that is out there about mental health, brain fitness and the link between physical and mental health. All of these issues and more will be discussed in this presentation.

### Universal Meditation #952

*Instructor: Maria Sunukjian, LCSW-R, NYS licensed clinical social worker for 30 years, and a Master of many ancient disciplines, including tai chi, qi gong, I Ching and feng shui.*

Tuesday, Sept. 20

9:00am - 11:00am

Colonie Senior Service Centers Inc  
(Beltrone Center) **\$18**

Universal Meditation is a powerful healing tool that teaches how to create energy inside the body, store it and utilize it to promote health and vitality. It combines both

the open style (the mind is outside the body) and closed style (the mind is inside the body) of meditation to offer a potentiated experience for the practitioner. It uses simple images (creative visualization) and simple body postures and mantra (repetitive sound or phrases) to assist the student to reach her/his goals for the meditation. The practice has varied applications such as enhancing the quality of life (reaching calm/increasing energy, clarity, immunity) or healing (self-healing conditions such as joint pain, stomach aches, back aches). In this workshop the participant will learn how to manage negative thoughts. This technique is a helpful tool in training and calming the mind. As we can eliminate petty irritations and illogical thoughts, a deeper state of calm and relaxation can be achieved, and health and healing can be optimized. This meditation also offers the student a practice that can remove underlying energetic blockages related to health conditions. There is no need for previous practice or experience to participate in this workshop which will be done seated in chairs. Two applications of Universal Meditation will be offered in this workshop: (1) Building a Golden Light Ball in the lower abdomen to boost energy, vitality, immunity and stamina (2) How to heal major organs.

### **Exploring India in Film # 953**

*Instructor: Jyoti Swaminathan Psy.D, teacher at the Loudonville Hindu Temple for 8 years and instructor at SUNY Albany*

**Tuesdays, Sept. 20, 27, Oct. 4, 11**

9:30am - 11:30am

**Glen Eddy - Niskayuna (Edison Room) \$60**

This 4-part course will use selected films to depict Indian life across time. We will view older and more recent clips to explore life and art as captured on Indian film. Films include: Mother India, Kauliwallah, The World of Apu and Lagan.

### **The Mediterranean Diet in Focus: Lecture and Lunch # 954**

*Instructor: Shaw Rabadi, Chef/Owner of BFS Restaurant, has published the recently released "Savor the Spices of Life"*

**Wednesday, Sept. 21**

10:30am - 1:30pm

**BFS Mediterranean Restaurant \$45**

The emphasis of this class is on the Mediterranean diet. We will cover practical advice on how to adopt this diet and put it into practice in everyday life. "Savor the Spice of Life," authored by Shaw Rabadi, is a Mediterranean story cookbook

of one man's journey to a better life. Mr. Rabadi will be on hand to sign a copy for you. Included with registration is a \$3.00 coupon to use towards a book purchase if you choose to buy it.

### **Contemporary Appalachian Literature # 955**

*Instructor: Billie Bennett Franchini, Ph.D, Instructional Consultant at UAlbany's Institute for Teaching, Learning & Academic Leadership*

**Thursdays, Sept. 22, 29, Oct. 6, 13, 20**

5:30pm - 7:30pm

**Colonie Senior Service Centers Inc. (Beltrone Center) \$75**

One of the best-kept literary secrets, Appalachian writers engage a rich cultural history, language and people. While often categorized under the umbrella term "Southern," Appalachian literature is itself a distinct form, regionally unique but quintessentially American. In this course, we will read and study novels by three prominent authors from this region: Lee Smith (Virginia), Ron Rash (North Carolina) and Jayne Anne Phillips (West Virginia). Each of the 5 sessions will focus on discussion and close reading of the literature as well as exploration of its historical, literary and cultural context. Participants should read Lee Smith's novel *Oral History* in its entirety before the course begins and be prepared to discuss it in the first class meeting. This book is in print and should be easy to find at a local library, and The Book House in Stuyvesant Plaza will have copies of all books before the course begins. The full course outline will be distributed on the first evening of class.

### **Discovering Italian Cheeses # 956**

*Instructor: Tom MacGregor, manager of the Specialty Foods and Cheese Dept. & Gustav Ericson, a Cheese and Food expert*

**Friday, Sept. 23**

10:00am - 12:00pm

**Guilderland Public Library (Helderberg Room) \$27**

We will be serving four or five courses of Italian cheeses. Some courses will be accompanied with an hors d'oeuvre that will pair with the cheese. Information about Italy and the cheeses will be discussed. We will talk about traditions and modern day cheese making in Italy. The last 20-30 minutes will be open for questions. A coupon to come and shop at Honest Weight Food Co-Op will be provided.

## **The State of the 2011 New York State Legislative Session with Assemblyman John McEneny** # 957

*Instructor: Assemblyman John McEneny, Public Servant for 40+ years and NYS Assemblyman for 19 of them*

**Monday, Sept. 26**

2:00pm - 3:30pm

**Beverwyck Retirement Community** \$18

An update on the 2011 legislative session will be presented by Assemblyman McEneny. Critical issues to be discussed include legislation regarding marriage equity, safe streets, rent control and tax caps with anecdotes and stories surrounding the legislative session.

## **Albany Aqua Ducks: Experience New York's Capital City by Land and Water** # 958

**Wednesday, Sept. 28**

1:30pm - 3:00pm

**Albany County Convention & Visitors Bureau** \$27

A Spec-QUACK-ular adventure while you experience New York's Capital City of Albany by land and water. The 90-minute, narrated tour with an experienced guide takes you to see a wealth of the fabulous historic sites in the 402-year-old city. You will then get ready for a SPLASHDOWN into the Hudson River for a mariner's view of Albany, NY.

## **Jazz Heritage Series: the Arranger: Henderson, Finegan and May** # 959

*Instructor: R. David Kissinger, Ph.D, Director of University Counseling Center at Binghamton University and Professor for 20 years*

**Friday, Sept. 30, Oct. 7, 14**

10:00am - 12:00pm

**Beverwyck Retirement Community** \$50

This is a 3-part course. No, not a legal firm or new singing group, these names refer to three of the arranging geniuses in jazz. The arranger is the unsung hero of jazz who transforms melodies into musical experiences and settings for improvisation. The 3 sessions will highlight the role of the jazz arranger as we consider familiar (and not so familiar) melodies and hear how the arranger magically changes them into statements of their own. The first session will review the work of arrangers in the *golden* era of jazz, the second session will review the *swing* and *modern* era and the third session will present some of the unusual or *avant garde* arrangers of all eras. The names may be unfamiliar, but the music will be great!

## **Robert Fulton and the Steamboat** # 960

*Instructor: Donald A. Gavin, a member of UCALL for over 10 years, he has presented several courses and given several lectures on American History*

**Friday, Sept. 30**

10:00am - 12:00pm

**Ingersoll Place** \$18

The first steamboat that proved to be a commercial success was built by Robert Fulton in 1807 and made its maiden voyage on the Hudson River. The story behind this amazing accomplishment is that of a few remarkable people and events that made it all possible. Robert R. Livingston, minister to France, suggested a partnership with Fulton to build a steamboat (1802) when both were engaged with the diplomats and military leaders of France during the Napoleonic Wars. The partnership, which took almost four years to complete, put together the engineering talent (Fulton) with the political and financial connections (Livingston), resulting in a remarkable engineering feat and an envious economic windfall. But maintaining the steamboat business as it was originally planned, i.e. a NY state monopoly, proved to be impossible. Dogged by persistent competition from Cornelius Vanderbilt and his employer Thomas Gibbons, the steamboat line eventually lost its claimed monopoly in a case brought before the US Supreme Court. The steamboat thrived long after Fulton and Livingston had passed away but on a different river, the mighty Mississippi, where the engineering challenges greatly surpassed those of the Hudson.

## **Save Energy, Save Dollars** # 961

*Instructor: Maria DeLucia-Evans, Extension Community Educator for Cornell University Cooperative Extension Albany County*

**Friday, Sept. 30**

1:00pm - 3:00pm

**Colonie Senior Service Centers Inc. (Beltrone Center)** \$18

This workshop provides low-cost and no-cost ways to save energy and reduce energy bills. It links consumers with programs that provide energy-efficiency improvements with subsidies, low-interest loans or free services to qualifying households. Participants will receive a free energy kit, including weather-stripping, shrink window insulation, faucet aerator, outlet and light switch gaskets and more.

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## **Making Sense of Medicare** # 962

*Instructor: Janet Kiffney*

**Wednesday, Oct. 5**

1:00pm - 3:00pm

**Glen Eddy, Niskayuna (Edison Room) \$3**

If you are enrolled in Medicare or will soon be enrolled in Medicare, come learn about health insurance. What is Medicare Part A? Part B? What does Medicare pay for? What will you have to pay for? What about prescription insurance? What is the doughnut hole? What is Medigap insurance and how does it help? Should you think about joining an Advantage plan? Come to a presentation that will help you to understand what Medicare is, what it pays for and what you are expected to pay for. Attend this presentation to gain a better understanding of your options and obligations with regard to health insurance. This presentation is sponsored by the NYS Office for the Aging and the Albany County Department for Aging.

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## **Political History of Contemporary Iroquois Art** # 963

*Instructor: Neal Keating, Ph.D, Assistant Professor of Cultural Anthropology at SUNY Brockport*

**Thursday, Oct. 6**

6:00pm - 8:00pm

**Guilderland Public Library (Helderberg Room) \$18**

A presentation of the history of Iroquois and Haudenosaunee visual expression, from the seventeenth century into the twenty-first, based on ethnographic and archival research, using a theoretical framework of human rights and cultural adaptation to explore the relations between pictures and sociopolitical power.

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## **Reflections on a Museum Bus Trip: Tour of Williams College Museum of Art and lunch at the Williams Inn** # 964

*Instructor: Joann Harden, Coordinator of Education Programs at the Williams College Museum of Art*

**Wednesday, Oct. 12**

9:00am - 4:30pm

**Bus leaves the Overflow Lot of Crossgates Mall at 9am \$70**

The Williams College Museum of Art (WCMA) has re-examined its collection and raised questions about the role of a museum on a liberal arts campus. *Reflections on a*

*Museum*, a representation of the collection, is the result of that effort. This guided gallery tour will feature highlights of the newly installed galleries which present hundreds of major artworks from the museum's collection and fifty works on loan from the Yale University Art Gallery. All of the exhibitions take the "museum" as their subject. This is an opportunity to rediscover WCMA, its commitment to raising questions about the function and meaning of art across time and cultures and the role of museums in shaping understandings of art. The gallery tour will provide a unique opportunity to join in the dialogue with some of the educators and curators who worked collaboratively to plan the project.

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## **Savor the Season** # 965

*Instructor: Sandra Varno, registered dietitian and nutrition educator for Cornell Cooperative Extension of Albany County*

**Wednesday, Oct. 12**

1:00pm - 3:00pm

**Atria Crossgates, Anytime Cafe \$25**

Come and watch Sandra Varno cook and sample healthy and delicious recipes made from local and seasonal foods. learn how to use the fruits and vegetables in season now and where to find them.

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## **Population Dynamics of the Capital Region** # 966

*Instructor: Robert Scardamalia, President of RLS*

*Demographics, Inc. and former Director of the Center for Research and Information Analysis in the NY State Dept. of Economic Development*

**Thursday, Oct. 13**

3:00pm - 4:30pm

**Atria Guilderland \$18**

With the latest results from the 2010 Census, New York State continues to show only moderate growth in population. Between 2000 and 2010, the State grew by just over 400,000 or 2.1 percent compared to the national rate of 9.7%. In contrast, the eight county Capital Region grew by 49,300 (4.8 percent) and is the second fastest growing region in the State behind the Mid-Hudson region. But growth is not uniform in its geographic distribution within the region or the characteristics of the population. This class will explore the Capital Region's changing population and the impacts of the continued aging of the baby boom cohort.

## **Survey of Architectural History # 967**

*Instructor: Jeanne Keefe, Media and Digital Assets Librarian for Rensselaer Libraries and President of the Upstate NY chapter of Visual Resources Association*

**Thursday, Oct. 13, 27**

5:30pm - 7:30pm

**Glen Eddy - Niskayuna (Edison Room) \$35**

This 2-part course will provide an overview of the history of the built environment from prehistoric times to the present. The scope is broad in both geographical and cultural terms. The prime focus will be on Europe in general; however, attention will also be paid to Asia, Africa and the pre-Columbian Americas. The aim is to expose participants to the architectural heritage of the past in its social and historical context.

## **The Mayas: Case Study of a Contemporary Community # 968**

*Instructor: Robert Carmack, Ph.D, Social Anthropologist and Author of The Rebels of Highland Guatemala, Harvest of Violence, and Legacy of Mesoamerica*

**Thursday, Oct. 13**

6:00pm - 8:00pm

**Guilderland Public Library (Helderberg Room) \$18**

Much emphasis is given to the ancient Mayas of Mesoamerica, but little is known about contemporary living Mayas. Therefore, Professor Carmack will summarize the history and present-day characteristics of a K'iche-Mayan community in Highland Guatemala. The community's name is Momostenango. Employing a PowerPoint slide presentation, Professor Carmack will summarize some of the major events in the community, from its pre-Spanish period to the present time. The intent is to better understand that ancient Mesoamerican peoples continue to live active, meaningful lives that include much of their complex historical culture.

.....  
Once you have mastered time, you will understand how true it is that most people overestimate what they can accomplish in a year - and underestimate what they can achieve in a decade!

.....  
*Tony Robbins*

## **LEGO Bricks as an Architectural Design Medium # 969**

*Instructor: William Leue, worked for GE Global Research for 31 years in the field of Computer Science, specializing in Medical Diagnostic Imaging*

**Monday, Oct. 17**

10:00am - 12:00pm

**Atria Guilderland \$18**

William Leue will present one or more PowerPoint slide presentations giving a brief history of LEGO bricks, a survey of today's "Adult Friend of LEGO" (AFOL) world-wide online community, discuss his LEGO models of Albany Victorian buildings, discuss the LEGO design process for architectural modeling, including CAD, and show many examples of excellent architectural models built in LEGO bricks by others. He will also bring samples of his LEGO architectural models. Q&A session will follow presentation.

## **Tiffany Windows in Albany & Troy # 970**

*Instructor: Warren Roberts, Ph.D, Esteemed member of UAlbany's History Dept.*

**Tuesday, Oct. 18**

10:00am - 12:00pm

**Avila Retirement Community (Great Room) \$18**

Albany and Troy have some of the finest Tiffany stained glass windows anywhere. These are certainly among the finest treasures of the Capital Region; they call out to be seen - and understood. In his talk on Tiffany windows in Albany and Troy, Warren Roberts will talk about stained glass windows as an art form and about the two great ages of stained glass, Medieval Europe and the period 1870-1920. Louis Comfort Tiffany was the leading figure in the latter of these periods and Albany and Troy are fortunate to have some of Tiffany's finest stained glass windows. Roberts will discuss the techniques that Tiffany employed in the production of these artistic treasures; he will show slides of Tiffany windows in Albany, Troy and elsewhere; and he will show examples of Tiffany lamps, which followed and came out of his production of stained glass windows.

.....  
I'd say that what we hear is the quality of our listening.  
.....  
*Robert Fripp*

## **Our Great Dutch History in Albany and Rensselaer - Trolley Tour** # 971

**Wednesday, Oct. 19**

10:00am - 1:00pm

**Albany County Convention & Visitors Bureau \$42**

Dutch History in Albany and the surrounding areas date back over 402 years ago. Your tour will begin with an educational talk on Dutch History. Then ride the trolley into extraordinary Dutch history including: a trip to Ft. Crailo (originally part of the vast landholding called the Manor or Patroonship of Rensselaerwyck); a visit and view of Patroon Houses (including those on the Hudson River); a mansion and garden tour of Ten Broeck Mansion (built in 1797/98 to house Brigadier General Abraham Ten Broeck and his wife); a site visit of the 1st Dutch Reformed Church to see its pulpit (purchased for 25 beaver pelts), Tiffany windows, an historic weathervane, and even where Teddy Roosevelt and his family sat during service when he was Governor of New York State; plus many more superior examples of Dutch history, ancestry and architecture in our area.

## **New Revelations Regarding the Improbable Spanish Conquest of the Inca and the Complexity of Ancient American Civilizations** # 972

*Instructor: Marilyn Masson, Ph.D, Professor in UAlbany's Anthropology Department and author of an impressive series of books on the Mayas*

**Thursday, Oct. 20**

6:00pm - 8:00pm

**Guilderland Public Library (Helderberg Room) \$18**

In November of 1532, Spaniard Francisco Pizarro managed to seize Inca emperor Atawallpa with a force of only 168 men. Atawallpa commanded an army of 80,000 and had 5,000 troops with him at the moment when he was taken captive by Pizarro. The improbable narrative of the subsequent conquest of the largest, most powerful empire of the Americas, is one that repeated itself in many places of the New World. Probing the causes of this historical transformation has revealed important new insights about the complexity and size of ancient American civilizations, which were far greater than Spanish eye witnesses recorded. This presentation evaluates the claim in Charles Mann's book "1491" of a western hemisphere that was densely inhabited and extensively managed and transformed by indigenous

civilizations - from an archaeological perspective. European-introduced epidemics and the social disruption that resulted from these holocausts were the primary factors contributing to victories such as Pizarro's, and they also served to mask the scale and majesty of New World societies prior to European arrival that we are now recognizing on a continental scale.

## **The Mediterranean Diet in Focus: Lecture and Lunch** # 973

*Instructor: Shaw Rabadi, Chef/Owner of BFS Restaurant, has published the recently released "Savor the Spices of Life"*

**Monday, Oct. 24**

10:30am - 1:30pm

**BFS Mediterranean Restaurant \$45**

The emphasis of this class is on the Mediterranean diet. We will cover practical advice on how to adopt this diet and put it into practice in everyday life. "Savor the Spice of Life," authored by Shaw Rabadi, is a Mediterranean story cookbook of one man's journey to a better life. Mr. Rabadi will be on hand to sign a copy for you. Included with registration is a \$3.00 coupon to use towards a book purchase.

## **NASA's Search for Life in the Galaxy: An Update on Recent Discoveries** # 974

*Instructor: John Delano, Ph.D, Distinguished Teaching Professor at UAlbany in the Dept. of Atmospheric and Environmental Sciences*

**Tuesday, Oct. 25**

1:00pm - 3:00pm

**Glen Eddy - Niskayuna (Edison Room) \$18**

NASA's astrobiology program is providing new and exciting information about the processes and environments that led to life as we know it. Nearly 2000 planets have been found orbiting other stars and some of those planets are potentially habitable for other life. This course will explore the latest information and speculate on the question "Are we alone?"



## **Memoir: Lessons from my Father & the Dalai Lama**

**# 975**

*Instructor: Vicki Schacter, BSN, OTA, has worked in the US, Canada, Israel, India and Taiwan and author of It's My Life Out of the Nursing Home*

**Wednesday, Oct. 26**

10:00am - 12:00pm

**Avila Retirement Community (Media Room) \$18**

*Lessons From My Father and The Dalai Lama* is a memoir that will share a journey of my early years on a farm and my father's teaching of Baruch Spinoza. I traveled to Israel in 1959 and worked with the B'nai Israel community from India and the Bedouin community of the Negev desert. In 1960 I traveled to Dharamsala India to work with The Dalai Lama, his family and the children at the Children's Nursery. A discussion will follow regarding what was learned.

## **Greening your Kitchen**

**# 976**

*Instructor: Sandra Varno, Registered dietitian and nutrition educator for Cornell Cooperative Extension of Albany County*

**Wednesday, Oct. 26**

1:00pm - 3:00pm

**Atria Crossgates (Anytime Cafe) \$18**

With all the buzz about going green, many of us are interested but not sure where to start. Learn easy and healthy ways to eat more local foods and where to find them. Get some tips on cooking with less energy, green cleaning and much more.

## **Roots & Wings-Digging into our Past, Letting Memories Fly: Writing our Stories**

**# 977**

*Instructor: Marilyn Zembo Day, Published writer and artist whose fiction, nonfiction and poetry have appeared in Akros Review, Knock, the Hudson Valley Writers Guild's Peer Glass journal and OASIS Journal 2005*

**Tuesdays, Nov. 1, 8, 15**

10:00am - 12:00pm

**Glen Eddy - Niskayuna (Edison Room) \$50**

This is a 3-part course. In her award-winning book, *Marry Your Muse: Making a Lasting Commitment to Your Creativity*, Jan Phillips writes, "There are a lot of things we don't have in life, but time is not one of them. Time is all we have. One lifetime under this name to produce a body of work that says, This is how I saw the world. Your work is worthy of whatever time it takes." Yet how many of us do take time to dig into our past, letting memories fly from pen to paper? Whether you

want to create a memoir or simply chronicle a few personal stories for children and grandchildren to treasure, the time to start is NOW. We don't worry about grammar, punctuation or penmanship in this class - we focus on story: How have you experienced your world? Bring a writing instrument (pen, pencil, laptop) and journal (or other paper). No previous writing experience necessary - we are all story tellers!

## **USS Slater Tour**

**# 978**

*Instructor: Linda Wruck*

**Tuesday, Nov. 1**

1:00pm - 3:00pm

**USS Slater - Corning Preserve \$15**

During World War II, 563 Destroyer Escorts battle Nazi U-Boats on the North Atlantic protecting convoys of men and supplies. In the Pacific, they stood first in line to defend naval task forces from Kamikaze attacks. Today, only one remains afloat in America. See how sailors worked, hear the sounds of a living ship, touch a piece of American history, and walk the decks where hundreds of sailors have walked before. This fully guided tour of the ship takes at least one hour. It will require climbing ladders and walking through tight spaces. We recommend wearing comfortable walking or athletic shoes and casual dress. Large bags and strollers are not permitted on the ship.

## **Medicaid Asset Protection Strategies**

**# 979**

*Instructor: Michael Ettinger, a member of the New York Bar since 1980 and devoted exclusively to elder law estate planning since 1991*

**Wednesday, Nov. 2**

11:30am - 1:30pm

**Avila Retirement Community (Great Room) \$10**

NOTE: Complimentary lunch included

Having to place a loved one in a nursing home is an emotionally wrenching experience. To make matters worse, confusion often reigns supreme when navigating the Medicaid application process. Well-meaning family, friends and even professional advisers may give conflicting or incomplete advice, causing families to needlessly lose their property and assets. By planning ahead, you can easily protect all of your assets from the high cost of long-term care, either through the use of long-term care insurance (LTCI) or, where you do not qualify for LTCI, by setting up a Medicaid Asset Protection Trust (MAPT). Advanced elder law strategies including Spousal Refusal and "Gift and Loan"

will also be discussed as planning options in situations where nursing home placement is imminent. This course is especially valuable for families with a member with cognitive disabilities, such as Alzheimer's, Parkinson's and senile dementia.

## **Gandhi: Life, Ideas and Impact # 980**

*Instructor: Ray Bromley, Professor at SUNY Albany, specializing in urban studies and planning and in international development studies.*

**Wednesdays , Nov. 2, 9**

6:00pm - 7:30pm

**Avila Retirement Community (Media Room) \$35**

This is a 2-part course. Mohandas K. Gandhi (1869-1948) is the world's best-known and most revered advocate of non-violent resistance and civil disobedience in the face of overwhelming power, repression and social injustice. Often called "The Mahatma" (Great Soul), he was the most important leader in the Independence of India, the jewel of the British Empire and a country with one sixth of the world's population. Gandhi's adult life was devoted to combating colonialism, prejudice and exploitation and to the propagation of voluntary simplicity, community development and environmental sustainability. He was a major contributor to the decline and fall of the British Empire and his ideas inspired millions of people around the world, including Martin Luther King, Jr. and Nelson Mandela. This course focuses on Gandhi's life, ideas, impact and assassination. If possible, please watch the movie *Gandhi* (1982) directed by Richard Attenborough and starring Ben Kingsley, before the course.

## **Organizing Your Personal Space # 981**

*Instructor: Zipporah Harris, Consultant and Private Organizer*

**Thursday, Nov. 3**

10:00am -11:30am

**Beverwyck Retirement Community \$18**

Imagine yourself finding peace of mind while living with less items and papers. "House Cooling" (giving gifts away when you downsize) is definitely "in." Come and join us and learn to be successfully in charge of your current living space rather than being tied down to stuff. Now it is time for you to learn to move the "square!" To find out more about this concept, come to this course and you will learn tools to help manage your belongings while personalizing your ongoing

needs. Downsizing tips will also be offered to help with those transitioning to smaller living spaces. It may be hard to believe, but staying calm is possible while reorganizing clutter. I look forward to sharing creative solutions and celebrating you.

## **The Natural and Cultural History of Chocolate # 982**

*Instructor: George Robinson, Ph.D, Associate Professor or UAlbany Biological Sciences*

**Thursday, Nov. 3**

10:00am - 11:30am

**Avila Retirement Community \$18**

Explore the evolutionary and ecological background of cacao (*Theobroma cacao*), as well as the ethnobotany and more recent cultural history of chocolate. Biochemical properties are elucidated in terms of their natural origins and how they contribute to our affection for chocolate in its various forms. As a wild and cultivated species, cacao's future is in some doubt, due to spreading diseases and increasingly unstable climates in tropical regions. **Attendees are welcome to bring their favorite forms of chocolate, provided they are willing to share.**

## **How to Manage Your Household Money Sensibly # 983**

*Instructor: Marina Propp Fairchild, Mechanical Engineer/ Project Manager for 17 years*

**Thursday, Nov. 3**

6:00pm - 7:30pm

**Glen Eddy - Niskayuna (Edison Room) \$18**

Do you find yourself wishing that you could find a trustworthy professional to help or assist you with paying your bills on time? Has balancing your checkbook has become more difficult recently? Solve the mystery of creating and maintaining a budget by learning the "ins-and-outs" of basic household finances. When you attend this workshop the above points will be presented to you in a non-threatening way, leaving you with the tools you need to stay financially independent.

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

*Mark Twain*

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**Learn the Basics of Art # 984**

*Instructor: Janet Tanguay, Chief Creativity Coach & Art Rep at Art N Soul, Inc.*

**Friday, Nov. 4**

10:30am - 12:00pm

**Guilderland Public Library (Helderberg Room) \$18**

Participants will learn the basics of art including different kinds of paint, painting tools & ideas on creating beautiful works of art.

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**Easily Eliminate Your Fears and Worries with EFT # 985**

*Instructor: Clay LaPorte, holds Advanced Certificates of Completion for EFT*

**Monday, Nov. 7**

1:00pm - 3:00pm

**Key 2 Joy, Niskayuna \$18**

Why live with your fears and worries when you don't have to? Why not live your life the way it was meant to be? Fears and worries can disrupt your daily life and create all kinds of stress, including anxiety and panic attacks. It doesn't matter what fear or worry you have, how severe you think it is, or what you may have done in the past to get over it. This technique can work for you as it has thousands of others. It is totally different from anything you've tried before and the bottom line is this: It gets results! You will learn a simple and powerful energy technique called EFT (Emotional Freedom Techniques). You can get complete and permanent relief in a very short time and be free from them once and for all. By the end of this class, you will have learned enough information to see positive results.

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**Prisoners of War in America # 986**

*Instructor: Jack Ryan, Retired Master Chief from the Navy and avid historian*

**Wednesday, Nov. 9**

10:00am - 11:30am

**Guilderland Public Library (Helderberg Room) \$18**

Where did the prisoners come from, where did they go and what happened to them after the War? We will differentiate between the Military Prisoners of War and the Saboteurs. We will review the Geneva Convention. A question and answer period will follow the presentation.

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**Poetry in Albany # 987**

*Instructor: Dan Wilcox, member of Piety Performance Group "3 Guys from Albany" and host of the Third Thursday Poetry Night at the Social Justice Center, Albany.*

**Thursday, Nov. 10**

10:00am - 12:00pm

**Avila Retirement Community (Media Room) \$18**

The course will present a short history of the poetry/literary scene in Albany, NY with a discussion of the tours of the poetry performance group "3 Guys from Albany," including reading of original poetry.

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**Healing Foods # 988**

*Instructor: Vasantha Narasimhan, Ph.D, Emeritus professor of Chemistry at Skidmore College*

**Monday, Nov. 14**

1:00pm - 3:00pm

**Atria Guilderland \$18**

Food has been regarded as potent medicine in several cultures for several centuries. "Let your food be your medicine," said Hippocrates. Scientists all over the world are now rediscovering the truth of this statement and are providing lots of evidence for the curing properties of specific foods. Some physicians are actually "prescribing" foods for specific diseases based on this scientific evidence. The goal of this presentation is to give you an overview of the food-health connection, focus on the healing qualities of specific types of food and provide practical examples of incorporating these healing foods in daily diet.

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**Planning for Families with Disabled Children or Grandchildren # 989**

*Instructor: Michael Ettinger, a member of the New York Bar since 1980 and devoted exclusively to elder law estate planning since 1991*

**Tuesday, Nov. 15**

11:30am - 1:30pm

**Avila Retirement Community (Great Room) \$10**

NOTE: Complimentary lunch included

Parents or grandparents of a special needs child or adult child should leave inherited assets in a special needs trust, to avoid disqualification from receiving government benefits, such as SSI and Medicaid. The reasoning behind these special needs trusts is simple - prior to the protection now afforded by these trusts, parents would simply disinherit their special needs children rather than see them lose their benefits. Since

the state wasn't getting the inheritance monies anyway, why not allow it to go to the child for his or her extra needs, above and beyond what the state supplies. There are two types of special needs trusts, first party and third party, which will both be discussed, including how to fund these trusts and who the trustee should be.

## **Stress Management with Mindfulness # 990**

*Instructor: Judi England, Certified Yoga Instructor and Massage Therapist for over 15 years*

**Wednesday, Nov. 16**

1:00pm - 3:00pm

**Guilderland Public Library \$18**

Discussion of the stress response and exploration of techniques to manage stressful events in daily life. This is a very experiential workshop designed to give participants an opportunity to develop skills they can utilize on a daily basis.

## **Introduction to Chair Yoga # 991**

*Instructor: Shannon Keyes, Certified Hatha Yoga Instructor, Hypnotist, Tantric Educator and Reiki Master*

**Thursday, Nov. 17**

1:30pm - 3:00pm

**Key 2 Joy - Niskayuna \$18**

This class is a modification of traditional asanas (poses) through the use of a supporting chair. Open to men and women of all ages! Ideal for seniors, people who are deconditioned and people with special physical needs. Benefits include greater body awareness, increased core strength, balance and physical confidence. Comfortable clothing is recommended. Chairs, mats and props are available. We will finish with a half-hour Guided Visualization Meditation for optimal relaxation and stress relief.

## **College of Nanoscale Science & Engineering Lecture and Tour # 992**

*Instructor: Janet Paluh, Ph.D., Expert on cellular regulation of genomic stability and pluripotent stem cells and Editor of the journal *Advances in Stem Cell Discovery**

**Friday, Nov. 18**

1:30pm - 3:00pm

**NanoTech Building 255 Nano Fab South Auditorium \$18**

CNSE offers an incredible innovative environment by bringing together engineers, multi-disciplinary scientists, theorists, entrepreneurs and next generation students into

a highly interactive think tank atmosphere. The lecture will provide an introduction to CNSE facilities and the broad scope of research in the Nanobioscience constellation that is utilizing these novel technologies to understand and control events that span nano to micro to macro scales. The talk includes a description of Dr. Paluh's research on nanomotors and on pluripotent stem cells. As we scale down manufacturing we must learn how to implement dynamic self-assembling and regulating structures into the process, similar to cellular machines. Nanobioscience is also impacting cell-based therapies with stem cells in the areas of high throughput drug screening, stabilization of cell implants, improved understanding of development and diseases and user-designed surfaces to enhance stem cell parameters of self-renewal and pluripotency or direct stem cell fate towards specific tissue lineages. Progress, milestone and challenges to the field of stem cell research will be discussed. The seminar will be followed by a question and answer period and a tour of some of the CNSE facilities.

## **Buddhism, Suffering and the Middle Way # 993**

*Instructor: Michael Brannigan, author of *Striking a Balance: A Primer in Traditional Asian Values, Ethics Across Cultures and The Pulse of Wisdom: The Philosophies of India, China, Japan**

**Wednesday, Nov. 30**

10:00am - 12:00pm

**Guilderland Public Library (Helderberg Room) \$18**

In exploring major Buddhist teachings, this session focuses on the Four Noble Truths and the Middle Way. The heart of the Noble Truths concerns the universality of suffering and prescribes ways to relieve suffering. As a necessary condition to alleviate suffering, the Middle Way is the key moral prescription and urges that we live a life of balance.

.....  
Live with intention. Walk to the edge. Listen hard.  
Practice wellness. Play with abandon. Laugh. Choose  
with no regret. Appreciate your friends. Continue to  
learn. Do what you love. Live as if this is all there is.  
.....  
*Mary Anne Radmacher*

## **From Mindless to Mindful Eating # 994**

*Instructor: Sandra Varno, registered dietitian and nutrition educator for Cornell Cooperative Extension of Albany County*

**Thursday, Dec. 1**

1:00pm - 3:00pm

**Atria Crossgates (Anytime Cafe) \$18**

Most of us often eat mindlessly, or out of stress or boredom when we aren't really hungry. Surprisingly, people find they enjoy food more and actually eat better when they pay more attention to the experience of eating. This fun, interactive workshop will get you started and also provide strategies to reduce mindless eating.

### **FEATURED CLASS**

## **Politics Albany Style...and More # 995**

*Instructor: Carol DeMare & John McLoughlin*

**Monday, Dec. 5**

1:00pm - 3:00pm

**Avila Retirement Community (Great Room) \$20**

Veteran reporters John McLoughlin and Carol DeMare will do the presentation together and separately. John, a television news veteran for nearly four decades and before that a Times Union reporter and columnist, will give his reflections on the Corning years, machine politics, and how City Hall has changed through the decades. John will also talk about state government from the first Governor Cuomo to the current Governor Cuomo. Even though the focus is generally on Albany politics, John has good Troy and Rensselaer County political stories to tell. He has done investigative pieces and a good deal of crime coverage. Carol, a reporter for the Times Union for four decades, has covered virtually every beat - from state government to local politics, police and courts, feature stories and investigative and analytical pieces. She returns this year for a repeat performance on some of her more interesting and captivating stories in politics and the courts. In her March visit, she focused on being the first woman to cover Mayor Erastus Corning. This time, she will talk about the years of County Executive Jim Coyne and the politics that led to the building of what was known in the project stage as the Albany County Civic Center. It's been through a few name-changes and today it's the Times Union Center. She will also discuss the financing of the South Mall/Empire State Plaza and hit on some of the interesting crime stories, such as multiple murderer Gary Evans who killed his business

associates and flung himself off the South Troy bridge, to the Christmas Eve 1996 bombing at a Clifton Park home, to several wife killers - from Carl and Carol Prince to Michael and Mary Ann Craver to Marvin and Rosemary Denis to Donald and Joan Bent to Warren and Mary Ann Powell.

## **Collecting & Recording Your Family's Stories # 996**

*Instructor: Ellen McHale, Ph.D, Executive Director of the New York Folklore Society*

**Tuesday, Dec. 6**

2:00pm - 4:00pm

**Beverwyck Retirement Community \$18**

The documentation of a community's history is vital to the preservation of the historical record for future generations. Each person's story lends itself both to the greater story of New York State and to a wider national narrative. Families have their own unique narratives which can be highly personal but which can also shed light on wider societal issues. This workshop on collecting oral histories will provide the basics for those thinking of recording their own family's stories. Topics to be covered include "What is oral history?" interviewing techniques and pitfalls, release forms and permissions, and thoughts about equipment.

## **Do We Have Obligations to Family & Community? Confucian Teachings # 997**

*Instructor: Michael Brannigan, Author of Striking a Balance: A Primer in Traditional Asian Values, Ethics Across Cultures and The Pulse of Wisdom: The Philosophies of India, China, Japan*

**Wednesday, Dec. 7**

10:00am - 12:00pm

**Guilderland Public Library (Helderberg Room) \$18**

Here, we explore Confucian teachings regarding the tensions between individual and community. Through historical episodes, figures and texts, we address notions of human nature, filial piety and the nexus of human relationships, of which the most crucial is the family.

.....  
"If you know the art of breathing, you have the strength, wisdom, and courage of ten tigers.  
.....

*Chinese adage*

## Tour of NYS Library & Archives

# 998

Instructor: Loretta Ebert (Director of the Research Library since 2006)

Thursday, Dec. 8

3:00pm - 5:00pm

NYS Library & Archives, 7th floor

\$18

The Research Library is the principal library for the people and government of New York State and serves the research needs of individuals, schools and universities and the business and scientific communities. With over 20 million items and a strong focus on the culture and history of New York State, the Library circulates books to individuals onsite and through Interlibrary loan to public, academic and school libraries statewide. Visitors to the library access the comprehensive local history and genealogy collection, law library, federal and state document collection and use free internet and wireless service. All New York residents 18 years and older may apply for a Resident Borrower's Card. The New York State Archives was established in 1972 and opened its doors to the public in 1978. It is a program of the State Education Department, with its main facility located in the Cultural Education Center. There it cares for and provides access to more than 200 million documents that tell the story of New York from the seventeenth century to the present. From its main facility, it also administers statewide programs that reach out to state agencies, local governments and community organizations.



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# Manage Your Money Sensibly

In these harsh economic times one seeks to find out the best way to manage one's assets. But where exactly does one start? A good way to start is to manage your household money so that you live within your means and maintain your credit rating.

Marina Propp Franchild has worked as a Mechanical Engineer in the Capital District since 1996. Originally from Brooklyn, Marina helped her mother with reconciling the books of a small family business by "finding" the missing penny. This early training instilled in Marina the



value of money, the necessity of having "what comes in" balance with "what goes out" and also fostered attention to detail and

patience. Marina managed to support herself as an adult and build her life savings even during times of financial hardship. Like many Americans she prides herself at being independent and is always very careful to live within her means.

Marina was able to create for herself a very basic and easy to follow budget which she then shared with some of her close friends who have also used it successfully. Use of a computer might be easier for us today but for many years this very approach was also done on paper and worked just as well. Her household budget tips are easy to understand and truly work.

Creating and maintaining a budget will no longer be a mystery when you learn the "ins and "outs" of basic household finances. You will leave this workshop with the tools you need to stay financially independent. So come to Marina's workshop with the Capital Region OASIS Program on Thursday, November 3, 2011 at the Beverwyck Retirement Community from 6pm to 7:30pm and learn how to approach your finances without the fear this usually generates for many of us.

For more information and to register for this course, please refer to page 10. ★

# OASIS Catalog Offerings by Date

## September - December 2011

DATE	DAY	TIME	#	TITLE	LOCATION	PAGE
<b>SEPTEMBER</b>						
Sept. 20, 27, Oct. 4, 11, 18, 25	Tuesdays	1:00 – 3:30pm	950	Living Healthy Workshop	Ingersoll Place	3
Sept. 19	Monday	10:00 - Noon	951	Mental Health Issues As We Age	Atria Guilderland	3
Sept. 20	Tuesday	9:00 - 11:00 a.m.	952	Universal Meditation	Colonie Senior Service Centers Inc. (Beltrone Center)	3
Sept. 20, 27, Oct. 4, 11	Tuesdays	9:30 - 11:30 a.m.	953	Exploring India in Film	Glen Eddy - Niskayuna (Edison Room)	4
Sept. 21	Wednesday	10:30am - 1:30pm	954	The Mediterranean Diet in Focus: Lecture and Lunch	BFS Mediterranean Restaurant	4
Sept. 22, 29, Oct. 6, 13, 20	Thursdays	5:30 - 7:30pm	955	Contemporary Appalachian Literature	Colonie Senior Service Centers Inc. (Beltrone Center)	4
Sept. 23	Friday	10:00am - 12:00pm	956	Discovering Italian Cheeses	Guilderland Public Library (Helderberg Room)	4
Sept. 26	Monday	2:00 - 3:30pm	957	The State of the 2011 New York State Legislative Session with Assemblyman John McEneny	Beverwyck Retirement Community	5
Sept. 28	Wednesday	1:30 - 3:00pm	958	Albany Aqua Ducks-Experience New York's Capital City of Albany by Land and Water	Albany County Convention & Visitors Bureau	5
Sept. 30, Oct. 7, 14	Friday	10:00am - 12:00pm	959	Jazz Heritage Series: the Arranger-Henderson, Finegan and May	Beverwyck Retirement Community	5
Sept. 30	Friday	10:00am - 12:00pm	960	Robert Fulton and the Steamboat	Ingersoll Place	5
Sept 30	Friday	1:00 - 3:00pm	961	Save Energy, Save Dollars	Colonie Senior Service Centers Inc (Beltrone Center)	5
<b>OCTOBER</b>						
Oct. 5	Wednesday	1:00 - 3:00pm	962	Making Sense of Medicare	Glen Eddy - Niskayuna (Edison Room)	6
Oct. 6	Thursday	6:00 - 8:00pm	963	Political History of Contemporary Iroquois Art	Guilderland Public Library (Helderberg Room)	6
Oct. 12	Wednesday	9:00am - 4:30pm	964	Reflections on a Museum - Bus Trip: Tour of Williams College Museum of Art and lunch at the Williams Inn	Bus leaves the Overflow Lot of Crossgates at 9am	6
Oct. 12	Wednesday	1:00 - 3:00pm	965	Savor the Season	Atria Crossgates (Anytime Cafe)	6
Oct. 13	Thursday	3:00 - 4:30pm	966	Population Dynamics of Capital Region	Atria Guilderland	6
Oct. 13, 27	Thursday	5:30 - 7:30pm	967	Survey of Architectural History	Glen Eddy - Niskayuna (Edison Room)	7
Oct. 13	Thursday	6:00 - 8:00pm	968	The Mayas: Case Study of a Contemporary Community	Guilderland Public Library (Helderberg Room)	7
Oct. 17	Monday	10:00am - 12:00pm	969	LEGO Bricks as an Architectural Design Medium	Atria Guilderland	7
Oct. 18	Tuesday	10:00am - 12:00pm	970	Tiffany Windows in Albany & Troy	Avila Retirement Community (Great Room)	7
Oct. 19	Wednesday	10:00am - 1:00pm	971	Our Great Dutch History in Albany and Rensselaer - Trolley Tour	Albany County Convention & Visitors Bureau	8

DATE	DAY	TIME	#	TITLE	LOCATION	PAGE
Oct. 20	Thursday	6:00pm - 8:00pm	972	New Revelations Regarding the Improbable Spanish Conquest of the Inca and the Complexity of Ancient American Civilizations	Guilderland Public Library (Helderberg Room)	8
Oct. 24	Monday	10:30am - 1:30pm	973	The Mediterranean Diet in Focus: Lecture and Lunch	BFS Mediterranean Restaurant	8
Oct. 25	Tuesday	1:00 - 3:00pm	974	NASA's Search for Life in the Galaxy: An Update on Recent Discoveries	Glen Eddy - Niskayuna (Edison Room)	8
Oct. 26	Wednesday	10:00am - 12:00pm	975	Memoir: Lessons from my Father & the Dalai Lama	Avila Retirement Community (Media Room)	9
Oct. 26	Wednesday	1:00 - 3:00pm	976	Greening your Kitchen	Atria Crossgates (Anytime Cafe)	9
<b>NOVEMBER</b>						
Nov. 1, 8, 15	Tuesdays	10:00am - 12:00pm	977	Roots & Wings-Digging into our Past, Letting Memories Fly: Writing our Stories	Glen Eddy - Niskayuna (Edison Room)	9
Nov. 1	Tuesday	1:00pm - 3:00pm	978	USS Slater Tour	USS Slater - Corning Preserve	9
Nov. 2	Wednesday	11:30am - 1:30pm	979	Medicaid Asset Protection Strategies	Avila Retirement Community (Great Room)	9
Nov. 2, 9	Wednesdays	6:00 - 7:30pm	980	Gandhi: Life, Ideas and Impact	Avila Retirement Community (Media Room)	10
Nov.3	Thursday	10:00am -11:30am	981	Organizing Your Personal Space	Beverwyck Retirement Community	10
Nov. 3	Thursday	10:00am - 11:30am	982	The Natural and Cultural History of Chocolate	Avila Retirement Community	10
Nov. 3	Thursday	6:00 - 7:30pm	983	How to Manage Your Household Money Sensibly	Glen Eddy - Niskayuna (Edison Room)	10
Nov. 4	Friday	10:30am - 12:00pm	984	Learn the Basics of Art	Guilderland Public Library (Helderberg Room)	11
Nov. 7	Monday	1:00 - 3:00pm	985	Easily Eliminate Your Fears and Worries with EFT	Key 2 Joy - Niskayuna	11
Nov. 9	Wednesday	10:00 - 11:30am	986	Prisoners of War in America	Guilderland Public Library (Helderberg Room)	11
Nov. 10	Thursday	10:00am - 12:00pm	987	Poetry in Albany	Avila Retirement Community (Media Room)	11
Nov. 14	Monday	1:00 - 3:00pm	988	Healing Foods	Atria Guilderland	11
Nov. 15	Tuesday	11:30am - 1:30pm	989	Planning for Families with Disabled Children or Grandchildren	Avila Retirement Community (Great Room)	11
Nov. 16	Wednesday	1:00 - 3:00pm	990	Stress Management with Mindfulness	Guilderland Public Library	12
Nov. 17	Thursday	1:30 - 3:00pm	991	Introduction to Chair Yoga	Key 2 Joy - Niskayuna	12
Nov. 18	Friday	1:30 - 3:00pm	992	College of Nanoscale Science & Engineering Lecture and Tour	NanoTech Building 255- Nano Fab South Auditorium	12
Nov. 30	Wednesday	10:00am - 12:00pm	993	Buddhism, Suffering and the Middle Way	Guilderland Public Library (Helderberg Room)	12
<b>DECEMBER</b>						
Dec. 1	Thursday	1:00 - 3:00pm	994	From Mindless to Mindful Eating	Atria Crossgates (Anytime Cafe)	13
Dec. 5	Monday	1:00 - 3:00pm	995	Politics Albany Style...and More	Avila Retirement Community (Great Room)	13
Dec. 6	Tuesday	2:00 - 4:00pm	996	Collecting & Recording Your Family's Stories	Beverwyck Retirement Community	13
Dec. 7	Wednesday	10:00am - 12:00pm	997	Do We Have Obligations to Family & Community? Confucian Teachings	Guilderland Public Library (Helderberg Room)	13
Dec. 8	Thursday	3:00 - 5:00pm	998	Tour of NYS Library & Archives	NYS Library & Archives	14

# Mail-in Registration Form

One person per form. Please print clearly.

Mail this form to:  
**OASIS c/o CEACW**  
 University at Albany  
 Richardson Hall, RI 390  
 135 Western Avenue, Albany, NY, 12222  
 518-442-5576

Name:		<input type="checkbox"/> Current OASIS Member	
Address:		<input type="checkbox"/> New OASIS Member	
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Phone:	Email:		
Emergency Contact:	Phone:		
Class #	Class Title	Fee	Office only
<b>TOTAL CLASS FEE</b>		\$	
Apply Credit Voucher		\$	
Add Tax-deductible Gift to OASIS		\$	
<b>TOTAL AMOUNT</b>		\$	

If you need to cancel a registration for a class/trip, PLEASE NOTE: Refunds (form of Credit Vouchers only) are typically only given for: 1) program cancellations made by the OASIS office, 2) medical reasons, 3) family emergencies, and 4) jury duty. Refund requests must be made by contacting the OASIS office as soon as possible, preferably at least 24 hours prior to the start of the program. **Refunds will be given in the form of OASIS credit vouchers ONLY. NO EXCEPTIONS.**

## Payment Options (do not send cash)

- Check** (Please make payable to: **University at Albany Foundation**)  
 **Master Card**    **Visa**

Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Signature \_\_\_\_\_

## Waiver of Liability (must be signed to attend class)

I release and discharge OASIS and all other sponsors, supporters and all agents and persons acting for and on behalf of such entities from all claims or damages, demands or actions whatsoever in any manner related to or growing out of my participation in programs sponsored by OASIS, including but not limited to: educational, cultural, volunteer, physical fitness related programs and travel in any form. I attest and verify that I have full knowledge of the risk involved in physical fitness activities and that I have obtained approval from my physician to participate in same. I understand that the OASIS mailing list may be used by OASIS sponsors for educational mailing. I understand that participants in OASIS programs are expected to conduct themselves in a courteous manner, respecting the rights of all other participants, volunteers and staff.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

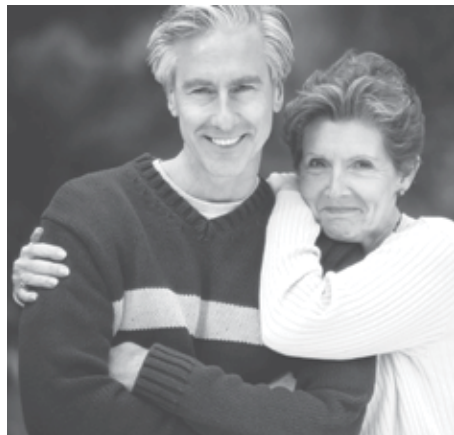
**Please be sure to:**    **Sign the Waiver**    **Enclose Your Check/Payment Information**

Please mail to: OASIS, c/o CEACW, University at Albany, Richardson Hall, RI 390, 135 Western Avenue, Albany, NY 12222

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# Mostly... Whatever!

by Tony Rossi



## Unclaimed

You take a trip via airline, arrive safely at destination- but your luggage is traveling to parts unknown. Worried-nah; the odds are with you. Usually, bags catch up within 24 hours, but sometimes the gremlins are hard at work and it's 'ciao' luggage. If you're the 'worry wart' type, here are stats to read and fret over. Last year: 700 million suitcases went flying with U.S.Airlines. 2 million went elsewhere, but most reunited within 24 hours with owners. 68 thousand never made it to owners. 90 days are spent trying to connect package and passenger, and if unsuccessful, most airlines sell to: Unclaimed Baggage Center, Scottsboro, a town of 15,000 in Northeast Alabama.



©iStockphoto.com/njgphoto

Every day, 7000 new items are set out. The regulars line up every morning to get first pick of the goods. Then the cars and buses show and the shopping is on. If you're that dedicated shopper, or just in for the heck of it, and happen to be near Scottsboro, Ala., why not give it a go. Never know what will show?

## Abs of Steel

It seems that every time I turn on the TV, up pops either, a gorgeous, well-proportioned lady, or, a svelte, trim, muscular man. Both are young, garbed in neat exercise tights. Extolling the virtue of some exercise program or machine, they proceed to demonstrate a highly energetic series of moves which, if practiced, should leave one in the same trim, svelte condition as they are: and leave me on the floor gasping for breath and help. After a couple of score of years working out at various health spas, clubs, weights (small) at home, bicycle riding, jogging etc; my conclusion: I'm not meant

to have a body builders bulging muscles or abs of steel. My abs are still a smooth, round, pudgy layer of mush. But, the exercise was fun to try, (sort of) and the delusion (for awhile) was elating. So, why not try? Bulging muscles, abs of steel and the delusion, may be yours.

## A Compliment?

The semi-annual trek to the dentist occurred recently. Was in the reclining 'agony seat' with mouth agape. The dental hygienist is prodding and prowling around amidst the ivories with her weapons, when she made the remark that my mouth is opened wide enough to make it easy for her to work. That's the first time I've ever had a compliment about having a big mouth.

## Newspapers

Newspapers complain that they are losing customers to other forms of media-TV, radio, computers with its assorted news outlets. I've used these three and find that for some reason they are sleep inducers in a short time of viewing but not much for mental gymnastics. However, to relax awake, there is not anything quite like sitting down with a hot cup of 'joe' in the a.m. (or other time) pick up and read through and comment on the newspaper contents. Try that with the electronic blather coming at you. It just ain't the same. ★

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# Making Sense of Medicare

Will you soon be 65, or are you already enrolled in Medicare but still having questions about your coverage options? There are Medicare counselors trained to help you understand your choices and options. Medicare is health insurance and like any other insurance it has various levels of complexity that may catch you unaware.

If you are considering making a change to your current Medicare coverage this is a really good time to get a better understanding of the whole picture. The enrollment change period will begin in October 2011 and end early in December 2011.



If you are having trouble paying your Medicare premium or related medical expenses, find out if you may qualify for Federal assistance with your medical expenses.

If you aren't yet enrolled in Medicare but will turn 65 fairly soon, come learn about how Medicare works. You'll probably be surprised by the number of choices available to you and all the factors that you should consider when making your choices.

Get accurate, unbiased information about Medicare. Know what you are talking about before you talk with an insurance salesperson.

The Capital Region OASIS Program will be offering this class on Wednesday, October 5, 2011 from 1pm to 3pm at the Glen Eddy Retirement Community in Niskayuna. You must register to attend. Please see page 6 for more information. ★

# Long-Term Care Insurance v. Medicaid Asset Protection Trust

By Michael Ettinger, Attorney at Law

Long-term care insurance (LTCI) and the Medicaid Asset Protection Trust (MAPT) are often thought of as alternatives to each other. They are not. While LTCI is both a shield and a sword, the MAPT is a shield only.

LTCI protects your assets and income from the costs of care. But it has a positive effect (the sword) in that it actually pays for someone to come into your home and care for you there. The MAPT protects assets, like your home and your life savings, but it does not protect your income (pensions, social security, interest, dividends, etc.). The MAPT has no positive effect in terms of providing care. It is solely a defensive tactic. That being said, in the event LTCI is unavailable to the client for medical or financial reasons, the MAPT is a wonderful tool. And there is truth in the saying that a good defense is the best offense. With the MAPT in place five years ahead of time, the client's assets are protected and Medicaid will pay for the cost of care, over and above what your income provides. If you have a spouse at home, they may keep about \$3,000 per month of the couple's combined income and sometimes more.

Our stated preference for clients is LTCI, if available. Most clients would prefer to "age in place" or, in other words, stay in their own home and receive home care if needed. Here, the LTCI stretches your dollars, to allow you to remain in the home for years more than you might have been able to afford otherwise. If your spouse is unable to care for themselves, it allows you to call in extra help so that you do not wear yourself out acting as a caregiver in your later years.

Some clients have adopted a hybrid approach when it comes to LTCI and the MAPT. They purposely underfund the LTCI, say taking a \$200/day benefit (\$6,000/month) instead of a \$400/day benefit (\$12,000/month). They also establish the MAPT and transfer their

assets to the trust. The thinking is that the \$200/day will pay for the home care that they may need and want, at half the cost of the full policy. On the other hand, if they end up in a nursing home, they won't lose their assets due to the \$6,000/month they may be short, and Medicaid will pick up the difference.

There are no right and wrong answers in deciding which is the best avenue to take when considering protecting your assets from the high costs of long-term care. We have found, however, that an open discussion between the client and the experienced elder law attorney, with all of the facts and circumstances on the table, often yields the most satisfactory result.

Ettinger Law Firm will be hosting **two** Luncheon courses through the Capital Region OASIS Program. The first luncheon course is *Medicaid Asset Protection Strategies* on Wednesday, November 2 from 11:30am to 1:30pm and the second course is *Planning for Families with Disabled Children or Grandchildren* on November 15 from 11:30am to 1:30pm. Both luncheon courses will be held at the Avila Retirement Community in Albany. To register and to see the outline of the courses, please refer to pages 9 and 11. ★

## Add Creativity & Art to Your Day

By Janet L. Tanguay, Chief Creativity Coach, Art n Soul, Inc

Here's some good news: creativity is free. And what happens when people are fulfilled and happy, more in touch with their higher selves, contributing their own unique talents and allowed the passion to be in a state of creative flow?

Increased morale, stronger relationships, reduced stress, rich ideas, and more happiness!

Creativity involves paying attention to a few key elements like intuition, dreams, feelings, ideas, and play. The dictionary definition of "play" is "freedom of movement within a space." The key word in the definition of play is freedom.



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How can you become an advocate of creativity and freedom, in effect, an Idea Champion? When we want to exercise our creativity muscles, here's how we play:

- We learn a unique new word and try to use it throughout the day.
- We break routines. We stop to brainstorm. We go for a walk. We write with our non-dominant hand for a few minutes.
- We establish an Idea Bank where people can put in ideas, words, pictures that inspire them. When someone is working on a creative project and feels stuck, anyone can go to the Idea Bank and pull something out.
- We record all of our great ideas even when we're not ready to implement them yet.
- We stretch past our comfort zone. We push the envelope. We reach. We take risks.
- Our slogan is "Creating your brush with opportunity." What we really do is try to find connections between uncommon linkages.
- We become kids again. We notice how kids act and we often ask for their opinions on things.
- We seek out experiences or people that are different from us.
- We affirm our own genius. We squelch the inner critic and we shout out "I am an artist!" or whatever it is that one of us aspires to be. We take pride in our creations.

Believe it or not, being silly helps us become more serious about what we do and gets our creative juices flowing. The creative process is like a relationship. At first, we are smitten, then charmed, then head over heels with our ideas. How do we sustain creativity after the initial encounter? Some would flirt with other ideas. We, however, get closer to our ideas. We also offer guidance and inspiration for others to do the same. One thing is for certain, creativity is contagious.

If you have an innovative or creative spirit, the Capital Region OASIS Program will be hosting a Basics of Art Workshop at the Guilderland Library on Friday, November 4 from 10:30am to 12pm. Learn about different kinds of paints like oils, gouache, acrylic, watercolor and to learn to mix colors and more. You can find the full description of the class on page 11. ★

# Living Well Programs

**MVP Dance Moves** - *Come dance with us!* This class promotes the health of older adults by offering a variety of dance styles, and emphasizes the importance of stretching, balance, and coordination.

**MVP Chair Moves** - *Stay as mobile and strong as possible!* This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

**MVP Chair Yoga** - *A great way to keep you strong, limber, balanced and healthy!* This practice of classical yoga poses, breathing and meditation is adapted for the chair.

**Zumba Gold from MVP** - *Put on your Latin dancing shoes!* This class combines fast and slow Latin rhythms to get your heart pumping. It also tones and sculpts the body while strengthening your core.

**CLASSES ARE FREE, COMPLIMENTS OF MVP HEALTH CARE**

*No classes Thursday, Nov. 24 and Friday, Nov. 25*

*Due to popularity of classes, please call phone numbers provided to register for class. Type of Living Well classes may be subject to change to accommodate occasional substitute instructors.*



## FALL SESSION MONDAY, SEPTEMBER 19 - FRIDAY, DECEMBER 9, 2011

National Museum of Dance (1-800-209-3945 TTY 1-800-662-1220)	Sept. 19-Dec. 5	Dance Moves Zumba Gold	Mondays/1:00-2:00 pm	
Rensselaer Senior Center (463-2166)	Sept. 19-Dec. 5	Zumba Gold	Mondays/1:00-2:00 pm	◀ NEW DAY/ TIME
Global Fitness (792-6264)	Sept. 20-Dec. 6	Zumba Gold	Tuesdays/11:15 am-Noon	◀ NEW TIME
Cohoes Senior Center (235-2420)	Sept. 20-Nov. 22	Chair Moves	Tuesdays/11:15 am-Noon	
Niskayuna Senior Center (372-4969)	Sept. 20-Dec. 6	Chair Yoga	Tuesdays/1:00-2:00 pm	
Shenendehowa Adult Comm. Ctr. (383-1343)	Sept. 20-Dec. 6	Dance Moves	Tuesdays/1:00-2:00 pm	
JCC of Albany (438-6651)	Sept. 21-Dec. 7	Zumba Gold	Wednesdays/10:00-11:00 am	◀ NEW TIME
Village of Colonie Sr. Ctr. (869-7172)	Sept. 21-Dec. 7	Zumba Gold	Wednesdays/1:00-1:45 pm	
Fraternal Eagles Club/Moreau (792-6007)	Sept. 21-Dec. 7	Zumba Gold	Wednesdays/1:00-2:00 pm	
Glens Falls Senior Center (793-2189)	Ongoing	Chair Yoga	Thursdays/10:30-11:30 am	
JCC of Schenectady (1-800-209-3945 TTY 1-800-662-1220)	Oct. 27-Dec. 8	Zumba Gold	Thursdays/11:15 am-Noon	
Village of Colonie Senior Ctr. (869-7172)	Sept. 22-Dec. 8	Chair Moves	Thursdays/12:30-1:30 pm	
Rotterdam Senior Center (356-1561)	Sept. 22-Dec. 8	Zumba Gold	Thursdays/1:00-1:45 pm	
Stillwater Adult Comm. Ctr. (664-2515, ext.10)	Sept. 23-Dec. 9	Zumba Gold	Fridays/9:45 am-10:30 am	◀ NEW SITE
Schenectady YMCA (1-800-209-3945 TTY 1-800-662-1220)	Sept. 23-Dec. 9	Zumba Gold	Fridays/Noon-12:45 pm	
Guilderland YMCA (1-800-209-3945 TTY 1-800-662-1220)	Sept. 23-Dec. 9	Zumba Gold	Fridays/1:45 pm-2:30 pm	
MVP Striders Walking Clubs	Kickoffs first week in October			
Rotterdam Square	October 3-December 5		Mondays/8:00-9:00 am	
Wilton Mall	October 7-December 9		Fridays/8:00-9:00 am	

[www.mvphealthcare.com](http://www.mvphealthcare.com)

# If you become a teacher, by your pupils you will be taught.

By Billie Bennett Franchini, Ph. D., Assistant Director, Institute for Teaching, Learning and Academic Leadership, University at Albany

Never have Oscar Hammerstein's words proved truer for me than in my OASIS courses. I am delighted to have the chance each year to sit down with a group of thoughtful, intelligent, articulate, and well-read people for the sole purpose of doing my favorite thing: delving into good literature. I come to each course believing that I am the teacher; I leave each course realizing that I have learned far more than I have taught.

The Capital Region OASIS Program attracts people with truly diverse backgrounds and experiences, and I seek to design encounters with literature that speak to that diversity. With each course, I challenge myself to offer participants an experience with some pieces of literature they may not have read before. This is also exciting for me because it means stretching the limits of my own previous knowledge. Sometimes I am re-reading treasured favorites, as in my course "African American Literature in the 20th Century (and Beyond)"; at other times, I find myself studying texts of which I previously had only a passing familiarity, most recently in "International Women Writers." Preparing the courses always provides a welcome opportunity to sharpen my knowledge of a familiar canon or develop some expertise in a new field, but it is in the class meetings themselves that I learn the most. Regardless of the content, the rich interactions with and among the participants offer a fresh perspective; I always leave feeling challenged and eager to learn more. I believe the course participants feel the same.



©iStockphoto.com/choja

“I always leave feeling challenged, eager to learn more. I believe the class participants feel the same.”

I am especially excited about my upcoming course, "Contemporary Appalachian Literature," because it will allow me to pay homage to my own roots. I grew up in the mountains of southwestern Virginia, a region with a rich and diverse cultural heritage. The course will examine this culture through the literature of three giants in the field: Lee Smith, who hails from the same Virginia Mountains that I do; Jayne Anne Phillips, from West Virginia; and Ron Rash, from the Carolinas. Each of these writers evokes the richness, harshness, beauty, and heartbreak of the region, shedding new light on what it means to be from this oft-misunderstood and misrepresented part of

America called Appalachia. Having the opportunity to teach this literature is truly a privilege. Even more, though, I can't wait to *learn* about this literature from my "pupils." This 5-part course being brought to you by the Capital Region OASIS Program will be held on Thursday September 22, 29 and October 6, 13 and 20 from 5:30pm to 7:30pm at Colonie Senior Service Centers, Inc. in Colonie. To register and to see the course outline, please refer to page 4. ★

# Volunteer Navigator Program

Older adults with chronic illnesses often receive care in multiple settings and take an average of seven medications. Recent data show that older adults have high rates of readmission after they have been discharged from the hospital. According to 2004 data published in the New England Journal of Medicine, 15% of Medicare beneficiaries are readmitted within the first 30 days of discharge and 30% are readmitted within the first 90 days. Rehospitalizations often occur due to lack of communication among health care providers, low patient health literacy on their medical condition(s), medication discrepancies and lack of appropriate follow up after a hospital discharge. Studies have found that patients recover better with the assistance of a coach to help them better understand their medical conditions, access the services and supports they need to make doctors' appointments, facilitate telephone contact between patients and doctors, arrange rides, help with insurance forms, and help patients prepare their questions for the doctor.

A recent partnership between Albany County-NY Connects, Northeast Health Eddy Visiting Nurses Association, Community Caregivers, Center for Excellence in Aging & Community Wellness and the Capital Region RSVP Program has led to the development of a Neighbor to Neighbor Community Supports Volunteer Navigator Program. The program pairs willing older adults, who are recently discharged from the hospital with a Care Transitions Nurse from the Eddy Visiting Nurses for 30 days as well as a Neighbor to Neighbor Community Supports Navigator Volunteer for 90 days. Not only will the older adult learn self-management skills to ensure their needs are met during the transition from hospital to home, Albany County-NY Connects will play a strong role in linking these individuals to formal services such as personal care, home delivered meals, home health care, and connections to other programs and services.

To date, the results of this program have shown a reduction in preventable hospital readmissions, which result in lower health care costs, improved quality of care, an increase in consumer satisfaction, support for

caregivers, and skills for future self advocacy among the at-risk older adult population.

If you would like information about this Program, please call the Capital Region RSVP Program at (518) 442-5585 or [RSVP@albany.edu](mailto:RSVP@albany.edu). ★

Jencks, S.F., Williams, M.V., and Coleman, E.A. (2009). Rehospitalizations in the Medicare Fee-For-Service Program. *New England Journal of Medicine*, 360(14), 1418-1428.

## OASIS: The Sea of Tranquility

By Jack Ryan, Volunteer OASIS Presenter

In our everyday life we are bombarded by noise of all types, TV commercials, news flashes, blaring radios and the mobile phone texting fad.

Where is the peace and quiet?

An **OASIS** is defined in the Webster's New World College Dictionary 4<sup>th</sup> edition as: (1)A fertile place in the desert, due to the presence of water and (2)Any place or thing offering welcome relief as from difficulty or dullness.

After reflecting on these

two definitions, I came to the conclusion that these statements represent the **Capital Region OASIS Program** sponsored by the Center for Excellence in Aging & Community Wellness, School of Social Welfare, State University of New York at Albany.

Looking at the definitions we can compare them to what **OASIS** does for us. As we walk on our journey through this life we are constantly looking for answers to many questions of what is going on, are there real answers to the complexities of this life? The Capital Region **OASIS** Program provides us with answers to many of the questions we may have by offering a wide variety of topics in a non-threatening, relaxing and friendly class room environment where the Presenter, Facilitator or Instructor of the subject matter presents it in an open and friendly forum.

Please see **OASIS** continued on page 26



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# Stress Management with Mindfulness

By Judi England, RN, LMT, Kripalu Yoga Instructor

It's doubtful that anyone would disagree with the statement: "Stress is a part of life." Everyone seems to be running in overdrive – family, work, school – we even tend to work hard at relaxing!

So how do we keep all the running and doing from undoing us? It's all in how we view life's events. When it comes to life – attitude is everything! Or, as a famous yoga instructor once said, "You can't stop the waves of life, but you can learn how to surf."

Unmanaged stress can make life a chore, rather than a pleasure. It prevents us from making good decisions, robs us of sleep, places a strain on relationships, and contributes to serious physical health problems. From the standpoint of business, stress contributes to absenteeism, blocks good communication, and interferes with creative problem-solving. Being in a state of "fight or flight" may help us when we're chased by a grizzly

bear, but it does little to enhance the quality of day-to-day life.

For more than 16 years, helping people gain skill in managing stress has been my life's work. As a massage therapist, I assist clients to heal from injury and retrain their bodies to carry a lower level of tension. Yoga classes focus on building flexibility, balance and strength, whatever your age or current level of fitness. But even more importantly, yoga teaches the mindfulness needed to bring body, mind and heart into balance.

I will be offering "Stress Management with Mindfulness" on November 16 at the Guilderland Public Library from 1 to 3pm. This program will take a look at the stress response and explore techniques which can be used to help defuse its negative effects. With a little practice, anyone can learn to turn things around, and reverse the stress-o-meter from 60 to 0!

I look forward to working with you!

For more information and to register for the class, please refer to page 12.

Judi England, RN, LMT, Kripalu Yoga Instructor can be reached at [yogajudi@aol.com](mailto:yogajudi@aol.com). Follow Judi on Facebook at Holistic Health and Wellness or on Twitter at [tyogajudi](https://twitter.com/tyogajudi). Judi blogs at <http://blogs.timesunion.com/holistichealth>. ★

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# Your Personal Space

By Zipporah Harris

Imagine a life free of clutter and instead filled with opportunities for new experiences. Making this life a reality is now available to you with the help of a competent life skills coach.

Zipporah Harris, born in Israel, has lived in the Capital District for 29 years and is an active member of her community.

Back in Israel, people lived in much smaller spaces than most Americans. This presented the daily challenge of creating a space for large families that was clutter free yet warm and welcoming. As one of five children, where four girls shared one small room, organizing skills to maximize the space used for daily living, were learned at an early age. Regardless of how much or how little one had, belongings were organized and maintained in order to not interfere with daily living.

Such skills were appreciated by the many friends shared by Zipporah and her twin sister. Invitations for play dates and babysitting jobs kept coming. This was done to best use the twins' natural inclination towards order. You see... once each visit was over, clean up time came, and the location visited was left in better shape than when first entered.

**“It is your personal space and you have a right to feel at peace in it!”**

Upon arriving in the USA after marrying an American boy, Zipporah's family grew, and five children were born. Zipporah was once again organizing household space to best meet the needs of the family. After the loss of one of their children, the household fell apart. First, order was gone and later, the marriage dissolved. Trauma can affect even the strongest.

After these events life began anew, and order was reestablished. Zipporah now faced maintaining a small dwelling for herself and her four children. Luckily her skills resurfaced and the household regained order and calmness.

You too, can reorganize your personal space to meet your current needs. These needs may include new physical limitations, downsizing a current dwelling, moving to a smaller living space or desiring to create a new feeling in an existing space. It is your personal space and you have a right to feel at peace in it!

What Zipporah can do for you is to teach you how to “Move Your Square.” Please join the Capital Region OASIS Program and Zipporah as she presents “How to Organize your Personal Space” on Thursday, November 3, 2011 at the Glen Eddy Retirement Community from 10am to 11:30am. To learn more and to register, please refer to page 10. ★

## OASIS continued from page 24

Not only is the Student learning but the Instructor learns as well. My experience as a Presenter has broadened my horizon on subject matters that I have been studying for many years. In one of my classes one of the women made a comment about a subject I was discussing. At that point I accepted what she had said as we continued the discussion. Then I made a note of it and, to satisfy myself, I did some research on her point of view. It turned out we were both correct, only with different viewpoints. The knowledge I received from this student was instrumental in adjusting my thought process and text for that particular presentation so that in the future as an Instructor both sides of the issue will be discussed. The bottom line is that we both increased our understanding of the topic because of the friendly classroom environment that OASIS brings to us.

OASIS also gives the Students the opportunity to provide feedback to the Administration of what they think of a presentation, thereby providing information that can assist OASIS to grow and continue to bring all of you quality presentations. I would strongly recommend that you enroll in an OASIS class this semester and enjoy The Sea of Tranquility. Jake Ryan will be offering a course for the Fall 2011 Capital Region OASIS Program on *Prisoners of War in America* on Wednesday, November 9 from 10am to 11:30am at the Guilderland Public Library. To register and to view the course outline, please refer to page 11. ★



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For More Information, call Helen at 518-242-2231.

*www.albanyairport.com*

# Let's Talk About the Civil War

Library programs commemorate the sesquicentennial of the American Civil War.



Beginning October 2011 look for programs, readings, book discussions, musical events, tours, workshops and more, at the Guilderland and Voorheesville Public Libraries.

For complete information and schedules, contact the libraries or stop by!

**Guilderland Public Library** is located at 2228 Western Avenue in Guilderland. Visit [www.guilpl.org](http://www.guilpl.org) or call 518-456-2400 ext. 7.

**Voorheesville Public Library** is located at 51 School Avenue in Voorheesville. Please visit [www.voorheesvillelibrary.org](http://www.voorheesvillelibrary.org) or call 518-765-2791.

These programs are supported by a grant from the American Library Association and the National Endowment for the Humanities, and are designed to enrich our understanding of the Civil War from many perspectives.

**Discover More with OASIS Classes!**

Listings start on page 3!

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# LEGO Bricks as an Architectural Design Medium

By William M. Leue, Capital Region OASIS Program Instructor

For a number of years, I have been an Adult Friend of LEGO (“AFOL”), creating my own designs using LEGO bricks. Although I started out mainly doing LEGO robotics using the Mindstorms™ programmable brick, recently I have become interested in LEGO bricks to model the kinds of Victorian-era homes and buildings that are characteristic of the Capital District. The photograph shows my model of part of the so-called “Martin-Luther Row” of Italianate brick buildings on Elm Street in Albany. My wife and I were urban pioneers in the 1970’s, buying and rehabbing one of these beautiful houses.



Although most people think of only the most basic, rectangular bricks in bright primary colors when they think of LEGO, the repertoire of both brick shapes and colors has been greatly expanded in recent years, so that realistic models of complex architecture are possible.

I will be hosting a Capital Region OASIS course on this subject on Monday, October 17 from 10am to 12pm at Atria Guilderland. To register and to see the course outline, please refer to page 7. The goal of my one-day course is to give students insight into how to approach a LEGO architectural design: how to choose the appropriate scale, how to analyze a building’s main visual elements and implement them in LEGO bricks,

and how to think up novel uses for various brick types taken from non-architectural contexts. Also, I will detail strategies on where to acquire needed bricks.

There will be a Powerpoint™ presentation on these and related topics. I will bring LEGO architectural models to class, and the students will get “hands on” time with LEGO bricks to experiment with building techniques. All students will be given a CD containing a copy of the Powerpoint™ presentation. ★

## Population Dynamics of the Capital Region

Robert Scardamalia, RLS Demographics, Inc.

The history of population change in New York State is characterized by a high degree of diversity and population turnover. Since the first settlements, New York has been a point of entry for foreign immigration and a point of departure as the nation grew to the South and West. Periods of population growth are characterized by large pools of migrants from other locations while decline and slowing growth follows high levels of out-migration. This balance of in- and out-migration along with the current, and prolonged, period of low fertility has resulted in a mature state with a slow rate of growth relative to other states in the nation. This has both economic and political implications as New York continues to lose Congressional representation.

With the latest results from the 2010 Census, New York State continues to show only moderate growth. Between 2000 and 2010, the State grew by just over 400,000 or 2.1 percent compared to the national rate of 9.7%. The fastest growing states were Nevada, Arizona, Utah, Idaho, and Texas – all growing by more than 20 percent since the 2000 Census.

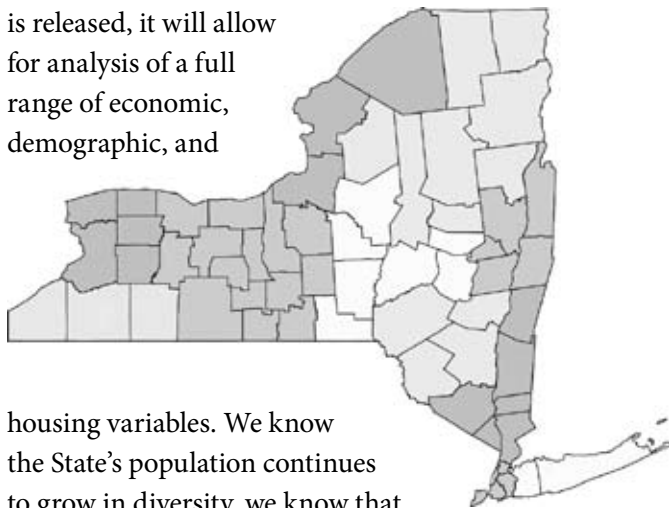
Just as population growth in the nation isn’t consistent by state, the distribution of population growth and decline isn’t the same in all regions of New York. The eight county Capital Region grew by 49,300 (4.8 percent) between 2000 and 2010 and is the second fastest growing region in the State behind the Mid-Hudson region. The Mohawk Valley, Southern Tier, and Western New York

“This has both economic and political implications as New York continues to lose Congressional representation.”

regions ranked at the bottom with Western New York actually declining by 44,000 over the same period.

Within the Capital Region, Saratoga County led the growth with an increase of nearly 19,000 or 9.5 percent. This was followed by Schenectady (+5.6%), Rensselaer (+4.5%), and Albany (3.3%) counties. Columbia ranked 8th showing virtually no change over the decade.

As more data from the decennial census and the American Community Survey is released, it will allow for analysis of a full range of economic, demographic, and



housing variables. We know the State’s population continues to grow in diversity, we know that the aging of the baby boom cohort will pressure health care and retirement, and we need to better understand these data and trends in planning for the future.

Please join Robert Scardamalia and the Capital Region OASIS Program on Thursday, October 13 from 3pm to 4:30pm at Atria Guilderland to learn more about “Population Dynamics of the Capital Region.” Please refer to page 6 to register. ★

CENTER FOR EXCELLENCE  
IN AGING & COMMUNITY WELLNESS

**Living Healthy NY**  
Community Workshops

Please see the back cover for list of workshops.

# What is this thing called Chair Yoga?

By Shannon K. Keyes, Key 2 Joy-Wellness Community Center

Yoga has become very popular in recent years, but it has been around for thousands of years. Part of the reason yoga has gained such main stream recognition is because it is, pardon the pun, very flexible. What this means is that there is a type of yoga for everyone. When people think of yoga, they often think of yogis who can bend and twist themselves into amazing positions. Sure this is yoga, but yoga is extremely diverse and regardless of your physical condition, level of flexibility, age, or other limitations, there is a yoga that can offer you wonderful benefits for your body, mind, and spirit.

If you don’t see yourself using your legs as a necktie in the near future you may still reap the benefits of a regular practice by attending a Chair Yoga class. Chair Yoga is a modification of traditional Hatha Yoga (the yoga of physical processes



and movement) which uses a chair to support and align the body. In this way if you have difficulties with flexibility or balance you have support. If you are fit and flexible, the chair can be used as a wonderful prop to aid you in surrendering and properly aligning the body. You explore to YOUR level of comfort, working to your ability with no competition. The most important aspect of participation is listening when your body gives you feedback about your limitations and breathing deeply. If you can do that, you will enjoy Chair Yoga!

In Chair Yoga, as in Hatha Yoga, movements are made with intention and focus on the breath to stretch and strengthen the body. These movements are called poses or asanas. These poses promote emotional release

Please see **YOGA** continued on page 30

# Thoughts of a Living Healthy Peer Leader

by Richard Reynolds, Volunteer Peer Leader

Being a Peer Volunteer Leader for the Center for Excellence in Aging & Community Wellness Living Healthy Program is one of the most rewarding ventures I have taken on in my life. I lead 6-week Workshops in Albany, Schenectady and Rensselaer Counties Communities. Participants of these programs are people of varying ages and with a variety of chronic conditions (i.e. high blood pressure, arthritis, heart disease, etc.). When I lead a workshop, I recognize



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the uniqueness of each participant as well as their commonality with others in the workshop. As the program progresses, I find that the people involved begin to bond, some for the first time even though they might live in the same community. Once this occurs, over a 6-week span of time, things begin to happen in their lives that bring them out of some dark spot in their life to a more positive way of thinking about life. This, in turn, brings much blessing to me as a Peer Volunteer Leader. You see, I bond along with them and they have become part of my “family.” The transformation in them and in their lives makes me feel so good all over.

As Peer Volunteer Leaders, our responsibility is to bring the material we have been taught by Stanford University and the Center for Excellence in Aging & Community Wellness to each of the participants in the Program. When this happens, positive things begin to happen. At the end of the 6-week Program, participants begin to share what has happened in their lives from the

first session to the last. They, for the most part, talk about how positive they feel about their chronic condition and how they are better able to self-manage their condition and life. Those feelings from the participants of the Living Healthy Program really make me proud and happy to have been their leader. Hopefully, I will continue to help those who have a chronic condition to live life to its fullest. When they can self-manage their own life in a more effective and positive way, their life will have much more meaning for them and others with whom they come into contact.



For more information about becoming a Volunteer Peer Leader and changing someone’s life, please contact the CEACW Health & Wellness office at 518-442-5529 or email [lborowsky@uamail.albany.edu](mailto:lborowsky@uamail.albany.edu).

The Capital Region OASIS program will be hosting a 6-week Living Healthy Workshop from Tuesday, September 20 through October 25, 2011 from 1pm to 3:30pm at Ingersoll Place. For more information and to register, please refer to page 3. ★

## YOGA continued from page 29

(especially the release of tension), and stimulate the proper function of organs and glands throughout the body. How can a regular yoga practice help you? It can provide stress relief, pain relief and can increase strength. It can improve coordination and balance, breathing, flexibility and mobility, circulation, body alignment and posture.

So whether you feel you are made of rubber or steel, Chair Yoga can offer you a wonderful way to feel better and get more enjoyment out of your life. Try Chair Yoga and explore the possibility that this may just be just the “thing” for you too!

The Capital Region OASIS Program is hosting an “Introduction to Chair Yoga” on Thursday, November 17, 2011 from 1:30pm to 3pm at the Key 2 Joy Wellness Center. You must register to attend. Please reference page 12 for more information. ★

# Here's to Healthy Living

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# Put Life back in Your Life



The Living Healthy\* workshop is a 6-session, peer-led health education program for people with any type of ongoing health condition. The classes complement the health care you may already be receiving. The purpose of the Living Healthy workshop is to enhance your ability to manage your health and maintain an active and fulfilling lifestyle. **Living Healthy workshops help you:**

### Feel Better.

Increase your energy and get relief from pain, fatigue and difficult emotions.

### Take Control of your Life

Do the things you want to do each day.

### Get Connected

Have the opportunity to learn from others who have similar health issues.

To find out more, register, or to learn how to become a Volunteer Peer Leader, please contact the CEACW Health & Wellness office at 518-442-5529, or email Linda Borowsky at [lbrowsky@uamail.albany.edu](mailto:lbrowsky@uamail.albany.edu).

\*Living Healthy workshops utilize the Chronic Disease Self-Management Program curriculum developed at Stanford University's Patient Education Center. For more information about the program, please visit the Stanford Patient Education Research Center's website: <http://patienteducation.stanford.edu>.

## CENTER FOR EXCELLENCE IN AGING & COMMUNITY WELLNESS

# Living Healthy NY

### Community Workshops

Location	Day & Time	Dates
Niskayuna Senior Center	Tuesdays 10:00 am – 12:30 pm	September 6 – October 11
Rotterdam Senior Center	Wednesdays 9:30 am – 12:00 pm	September 14 – October 19
Guilderland High School	Thursdays 6:30 pm – 9:00 pm	September 15 – October 20
Ingersoll Place	Tuesdays 1:00 pm – 3:30 pm	September 20 – October 25
Bethlehem High School	Tuesdays 6:30 pm – 9:00 pm	September 27 – November 1
Delmar Place	Mondays 1:30 pm – 4:00 pm	October 3 – November 7
Glen Eddy	Fridays 1:30 pm – 4:00 pm	October 7 – November 11

To access an online self-management workshop for people with ongoing health conditions, please go to <http://ceacw.org/living-healthy-new-york/> and click the orange box on the right hand side of the website.