

MVP Health Care[®] Wellness Center

2013 FALL CLASS SCHEDULE

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MVP Health Care wants you to take on life and live well! Our health education programs and support services can help you get started and keep you on the road to taking charge of your health.

Classes are free or discounted to all MVP Health Care members. Some programs are open to non-members for a fee. Seating is limited; register today to reserve your spot.

Unless otherwise noted, all classes are held at the MVP Health Care Wellness Center, 220 Alexander Street, on the second floor.

- Parking is available on the second floor of our parking garage. Be sure to bring in your ticket so we may validate your parking.
- Take the skyway from the garage to the main building.
- Go straight across the atrium to the MVP Health Care reception desk.
- Tell the receptionist that you are there for a class and they will direct you from there.

Please remember to register for all activities. Activities without sufficient enrollment may be cancelled. To register:

- Complete and mail in the registration form at the end of the class listings; OR
- Register online at www.mvphealthcare.com; OR
- MVP Medicare Advantage plan members call MVP's Medicare Customer Care Center at **1-800-665-7924**. TTY: **1-800-662-1220**.
Representatives are available Monday – Friday, 8 am to 8 pm and Saturdays, 8 am to 4 pm Eastern Time.
From October 1 – February 14, call seven days a week from 8 am to 8 pm.
- All other MVP members, as well as non-members, call **1-888-687-6277**.
TTY: **1-800-662-1220**.

For information on class cancellations due to bad weather or other reasons, call the Class Cancellation Hotline at **585-258-8057**.

Health and Wellness Classes

Where Did I Park My Car?

Join Barbara Bruce and learn tested strategies that you can employ to keep your memory strong and functioning.

Wednesday, September 18

10:00 – 11:30 am

Program code: 2402

Putting Your Garden to Bed for the Season

Learn what to do to best prepare your plants for the fall and winter; what to prune, what to leave, what to mulch and what to dig up and bring inside. Presented by Ken Harbison, Master Gardener.

Wednesday, September 11

10:00 – 11:30 am

Program code: 2240

Hearing and Balance: Fact and Fiction

Join Sarah Klimasewski, Au.D. from Hart Hearing Centers to learn about our ears, hearing and sense of balance, communication strategies and hearing loss prevention.

Tuesday, September 24

1:30 – 3:00 pm

Program code: 2265

Secrets to Successful Age-ing

What are the secrets that help us to endure and thrive as we age? Learn what matters most.

Wednesday, September 25

10 – 11:30 am

Program code: 2158

Take Control of Prostate and Bladder Issues for Men

Join Dr. Jean Joseph, Urologist, as he focuses on prostate and bladder issues that men face as they age. He will discuss current diagnostic tests and treatments including medications and surgical options.

Monday, November 18

10 – 11:30 am

Program code: 2413

Breathe Your Way to Wellness

Learn the positive benefits of breath work, practice various techniques and discover where breath work can fit into your daily lives. Presented by Linda Louison-Krause.

Wednesdays, December 4 & 11

10 am – 12 pm

Program code: 2387

Health and Wellness Classes, continued...

Safe Driver \$

Reduce your New York Auto insurance premiums by 10 percent and/or qualify for up to a 4 point reduction on your driver's license. Instructor will review accident prevention, traffic laws and regulations and discuss how to handle unusual situations such as aggressive drivers or road rage. Bring a lunch or beverage. MVP Health Care members will pay **\$32.00** with proof of membership. All others will be charged **\$35.00** for the program. All checks or money orders are payable to Lawrence Associates Insurance Agency, Inc. the day of the program.

Wednesday, September 18 and

Friday, September 20*

1 - 4 pm

Program code: 2548

* Class is split into two shorter sessions. Please attend both sessions.

Saturday, November 16

9 am - 3:30 pm

Program code: 2714

AARP Driver Safety Program \$

AARP has developed a six-hour classroom refresher to help drivers age 50+ to improve their skills and prevent accidents. Fee for the course is \$17 for AARP members and \$19 for non-AARP members. Checks or money orders are payable to AARP. Contact your insurance representative to see if you are eligible for an insurance discount. MVP members may be eligible to use HealthDollarsSM toward this program. Presented by an AARP instructor.

Friday, October 11

9 am - 3:30 pm

Program code: 2686

Tuesday, December 10

9 am - 3:30 pm

Program code: 2687

E - Tools for Living Well

These **hands-on** sessions will introduce you to MVP's website and connect you with a variety of health & wellness resources including the Healthwise[®] Health Encyclopedia. Limit 5 students per session.

Please note:

- Basic skill of using a mouse is required
- Register for one (1) session only.
- Bring your MVP member ID card; you will need your ID number to log in.

Thursday, September 26

2 - 4 pm

Program code: 2554

Wednesday, October 30

10 am - 12 pm

Program code: 2555

Wednesday, November 6

2 - 4 pm

Program code: 2556

Tuesday, December 3

2 - 4 pm

Program code: 2557



Spirituality Series

Register for one or both sessions. Presented by Rosalie Muschal-Reinhardt and Peg Morris.

Spirituality: Mystery or Reality

Form a personal definition of spirituality and understand its meaning in your life, how it relates to religion and reflect on how early influences began to shape your life.

Thursday, September 19 1 – 3 pm Program code: 2293

Spirituality and Age-ing

Use the tools of Life Review and Role Images to further understand how we change in this area. Develop a personal map for spirituality from the beginning to the present.

Thursday, September 26 1 – 3 pm Program code: 2294

Healthy Heart Series

Register for one or more sessions.

Coronary Artery Disease: Prevention or What to Do if You Already Have It

Dr. Gregory Singer, Cardiologist, will discuss prevention tips and also tips on how to manage symptoms.

Tuesday, September 17 5:30 pm – 7:00 pm Program Code: 2365

Nutrition for a Healthy Heart

Learn about the Million Hearts® Campaign, which encourages the public to lead a heart-healthy lifestyle. The DASH diet and heart healthy recipes will also be provided. Presented by Diana D. Monaco, RD, CDN, FDA Public Affairs Specialist.

Friday, September 20 10 – 11:30 am Program Code: 2398

Managing Hypertension

Dr. Gregory Singer, Cardiologist, will discuss ways to reduce your risk for hypertension through lifestyle changes and medications.

Tuesday, October 22 5:30 pm – 7:00 pm Program Code: 2366

The Heart Disease and Diabetes Connection

Dr. Mervyn Weerasinghe will discuss the connection of having diabetes and the impact to your risk for cardiovascular disease. Prevention and symptom management tips will be discussed.

Tuesday, October 29 1:30 pm – 3:00 pm Program Code: 2504



Living Well with Diabetes

This series will provide you with the resources and tools to help you take control of this chronic condition. Classes held at The Cooking School at Tops have an associated fee. MVP members may be able to use their HealthDollarsSM for reimbursement for these class fees, if applicable. Classes fill up quickly; register early.

Checks or money orders are made payable to **MVP Health Care** and due at the time of registration in order to hold a seat. Please mail checks or money orders to **MVP Health Care, Attn: LWWD Series, 220 Alexander Street, Rochester, NY 14607.**

Rice Cooker Tricks for Your Health! \$

Held at The Cooking School at Tops: 3507 Mt. Read Boulevard. **Fee: \$10 for MVP members, \$20 for non-members.** Prepare an easy, well-balanced menu using lean proteins, whole grains, high-fiber fruits and vegetables. We will discuss healthy eating tips, especially for those watching their sodium and carbs (including those with diabetes, high blood pressure, and/or heart disease).

Wednesday, September 25

7 - 9 pm

Program Code: 2135

Fitness for People with Diabetes: Practical Solutions

Interested in losing weight, increasing your energy level and better managing your blood sugar? Join Jeannine Noonan, MVP Clinical Health Manager and Certified Diabetes Educator to learn how engaging in regular physical activity can help!

Tuesday, October 1

2 - 3 pm

Program Code: 2487

Holiday Entertaining for Your Health! \$

Held at The Cooking School at Tops: 3507 Mt. Read Boulevard. **Fee: \$10 for MVP members, \$20 for non-members.** Prepare an easy, well-balanced menu using lean proteins, whole grains, high-fiber fruits and vegetables. We will discuss healthy eating tips, especially for those watching their sodium and carbs (including those with diabetes, high blood pressure, and/or heart disease).

Wednesday, November 6

7 - 9 pm

Program Code: 2136

Life Planning for the Second Half of Life

This series is designed to help you plan ahead for different aspects of life as we age. Register for one or more in the series.

Estate Planning

Learn about estate planning and how to plan ahead to protect your assets. Presented by Tim Pellittiere, Attorney.

Monday, September 23

1 - 2:30 pm

Program Code: 2331



Life Planning for the Second Half of Life, continued...

Long-Term Care Planning

Learn the steps to plan ahead financially for different levels of care that they or their family members may need. Presented by Tim Pellittiere, Attorney.

Monday, September 30

1 – 2:30 pm

Program Code: 2332

Advance Directives

Learn how advance directives allow you to clearly state your feelings about your health care to your doctors, families and loved ones. Get the guidelines to help you understand the medical, legal and personal choices associated with advance directives such as Health Care Proxies, Living Wills, DNR Orders, Organ Donation and MOLST forms.

Wednesday, October 2

10 – 11:30 am

Program Code: 2333

Estate and Long-Term Care Planning (Combined Class)

This class will review estate and long-term planning in one class. Presented by Tim Pellittiere, Attorney.

Wednesday, November 6

1 – 3 pm

Program Code: 2334

OsteoMoves

Plan to attend all four sessions

A gentle fitness class designed for people with osteoarthritis or osteoporosis. You may want to consult with your doctor before attending. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so that you can continue to do the exercises at home. Taught by an AFAA certified fitness instructor.

Mondays, October 7, 14, 21 & 28

1:30 – 2:30 pm

Program Code: 2105

Mindful Eating for Your Health

This series will teach the “art of mindful consumption” and how to make more intelligent food choices. Presented by Usha Shah. Limited to 25 registrants per class.

Cooking with Tofu

Learn about the different kinds of tofu and the health benefits of including tofu in our diet. We will also sample some tofu dishes.

Wednesday, October 2

6 – 8 pm

Program Code: 2192

Cooking with Whole Grains and Seeds

Explore dishes based on whole grains and seeds and learn about the health benefits. Come prepared to sample dishes incorporating whole grains.

Wednesday, November 20

6 – 8 pm

Program Code: 2193



Mindful Eating for Your Health, continued...

Raw Foods to Support Your Health

Raw foods offer a way of nourishing ourselves toward a vibrant health and vitality. Learn more about raw foods and sample some raw food dishes.

Wednesday, September 11

6 – 8 pm

Program Code: 2191

Cooking at Home with Chef Amie Liming

If you think cooking for yourself is challenging, let Chef Amie show you some cooking tips and tricks to make you a culinary star in your own home. Food samples will be provided. Limited to 25 registrants per class.

Feel Like You Splurged

Feel like you splurged on taste, not on calories! Menu: Buffalo Chicken Chili, Buttermilk Biscuits and Mixed Berries with Crème Anglaise

Monday, September 16

1:30 – 3:00 pm

Program Code: 2445

Fall Prevention

Join us for multiple sessions of information and exercise to arm you with the tools to reduce your risk for falls. Wear comfortable clothing and sneakers.

Location: MVP Health Care's Wellness Center
220 Alexander Street.

Please plan on attending all four sessions.

Mondays, September 9, 16, 23, & 30

10 – 11:30 am

Program Code: 2123

Location: Brockport ABVI Goodwill Community Room
1807 Nathaniel Poole Way.

Please plan on attending all three sessions.

November 4, 6 & 8

10:00 – 11:30 am

Program Code: 2597

Location: Webster ABVI Goodwill Community Room
50 Webster Commons Blvd.

Please plan on attending all three sessions.

Mondays, November 11, 18 & 25

10:00 – 11:30 am

Program Code: 2598



Self-Care

Register for one or more sessions.

All classes held at the Brockport ABVI Goodwill Community Room, located at 1807 Nathaniel Poole Way.

Taking Charge of Your Health: A Guide to Self-Care

This program will guide you in asking for the health care you need and learning how to say “no” to the care you do not need. We will discuss a variety of resources that you can use to help take better care of yourself and your family. A Healthwise® self care guide will be provided (one manual per family).

There is a \$10 fee for non-MVP members.

Wednesday, October 2

1:30 – 2:30 pm

Program Code: 2591

Partnering with Your Health Care Provider

Learn to get (and keep) your doctor’s attention by learning what questions to ask, how to prepare for your visit ahead of time and how to work as a team with your doctor.

Monday, October 7

1:30 – 2:30 pm

Program Code: 2592

Arthritis: Overview and Adaptations

Identify the three most common types of arthritis and what to do to cope with symptoms like pain. Learn what to do to feel better if you already have arthritis, nutritional information, ways to adapt your environment to stay independent and exercises that will help you feel better.

Wednesday, October 9

1:30 – 2:30 pm

Program Code: 2593

Self-Care

Register for one or more sessions.

All classes held at the Webster ABVI Goodwill Community Room, located at 50 Webster Commons Boulevard.

Taking Charge of Your Health: A Guide to Self – Care

This program will guide you in asking for the health care you need and learning how to say “no” to the care you do not need. We will discuss a variety of resources that you can use to help take better care of yourself and your family. A Healthwise® self care guide will be provided (one manual per family).

There is a \$10 fee for non-MVP members.

Monday, November 11

1:30 – 2:30 pm

Program Code: 2594

Managing Blood Pressure and Cholesterol

Learn the new “normal” numbers for blood pressure and cholesterol, and how to lower your numbers through lifestyle and nutrition changes.

Monday, November 18

1:30 – 2:30 pm

Program Code: 2595



Self-Care, continued...

Partnering with Your Health Care Provider

Learn to get (and keep) your doctor's attention by learning what questions to ask, how to prepare for your visit ahead of time and how to work as a team with your doctor.

Monday, November 25

1:30 – 2:30 pm

Program Code: 2596

Eat Smart Series in Canandaigua

These classes are held at the state-of-the-art New York Wine & Culinary Center in Canandaigua. MVP members may be able to use their HealthDollarsSM for reimbursement of these class fees, if applicable. Classes fill up quickly, so register early. You may be placed on a waiting list.

Class fee: \$20 for MVP members, \$40 for non-members. Checks are payable to MVP Health Care and due at the time of registration in order to hold a seat. Please mail checks to MVP Health Care, Attn: Eat Smart Series, 220 Alexander Street, Rochester, NY 14607

Cancellations may be subject to partial refund. A confirmation letter complete with directions will be sent to registrants prior to the classes.

Cooking with Apples \$ - In the Hands-on Kitchen

Cook and sample a variety of delicious recipes using different types of apples. You will receive a handout comparing different types of apples and recipes. This class is in Canandaigua and does have a fee (see above).

Friday, September 27

1 – 3 pm

Program Code: 2153

Fall Harvest Bounty \$ - In the Hands-on Kitchen

This class celebrates cooking all of the wonderful fruits and vegetables from the garden. This class is in Canandaigua and does have a fee (see above).

Friday, October 25

1 – 3 pm

Program Code: 2154

Gluten-Free Cooking \$ - In the Hands-on Kitchen

Discuss how to change your diet to be gluten-free and tips on how to make shopping and cooking adjustments. All recipes will be gluten-free. This class is in Canandaigua and does have a fee (see above).

Friday, November 1

1 – 3 pm

Program Code: 2286

Healthy Appetizers for the Holidays \$ - In the Demo Theatre

Celebrate the season by tasting healthy appetizers that you can serve at your holiday get-togethers. This class is in Canandaigua and does have a fee (see above).

Friday, November 15

1 – 3 pm

Program Code: 2155



Complementary Medicine

Register for one or both sessions

Acupuncture Overview

Learn about the origins of acupuncture, how it can correct imbalances and is believed to help manage pain and other symptoms. Presented by Michelle Grasek, L.Ac., MSAOM.

Wednesday, October 23

11 am - 12 pm

Program Code: 2335

Chiropractic Medicine

Learn how chiropractic care may help disorders of the nerves, muscles and skeletal systems. Some practical suggestions will be recommended for the more common conditions. Presented by Dr. Robert Dalton, Chiropractor.

Tuesday, November 12

1 - 2:30 pm

Program Code: 2659

Physical Activity Classes

Always discuss any exercise class with your doctor before starting the class.

Yogalates

Yogalates combines Yoga and Pilates. It focuses on exercises and sequences that enhance the structural integrity of the body and create greater awareness of ideal alignment. This class requires that you are able to move up and down from the floor without assistance. Bring your own mat and wear loose, comfortable clothing.

Mondays & Wednesdays, September 9 - December 11

Program Code: 2560

11 am - 12 pm

No class November 27

Argentine Tango - Basic Class

Learn the basic dance vocabulary and music while practicing walking, balance, posture and proper technique. A simple repertoire will get you dancing right away. Come with or without a partner. Taught by Agustin "Gus" Ramos of Flower City Tango.

Thursdays, September 12 - October 17

Program Code: 2559

1:15 - 2:15 pm

Argentine Tango - Intermediate Class

Thursdays, October 24 - December 12

Program Code: 2688

1:15 - 2:15 pm

Closed Thanksgiving Day



Social Dancing

No experience or partner needed; smooth-soled shoes helpful. Dances covered in this class include Swing, Salsa, Two-Step, Foxtrot and Waltz. Taught by dance instructor Esther Brill.

Thursdays, September 12 - October 17
2:30 - 3:30 pm

Program Code: 2563

Thursdays, October 24 - December 12
2:30 - 3:30 pm

Program Code: 2689

Closed Thanksgiving Day

Line Dancing

Learn the basic steps and you'll quickly be dancing the "Electric Slide" and other popular dances. No experience or partner required. Leather soled shoes are recommended. Led by dance instructor Will Herzog.

Fridays, September 13 - October 18
9:30 - 10:30 am

Program Code: 2690

Fridays, October 25 - December 13
9:30 - 10:30 am

Program Code: 2691

No class November 15 & 29

Contra Dancing

Contra dancing includes such favorites as the "Virginia Reel." The dances are done in facing lines, and no partner is needed. Led by dance instructor Will Herzog.

Fridays, September 13 - October 18
10:45 - 11:45 am

Program Code: 2692

Fridays, October 25 - December 13
10:45 - 11:45 am

Program Code: 2693

No class November 15 & 29

ZUMBA® Gold

Ditch the workout, join the party! ZUMBA is a Latin-inspired dance fitness class. It is a combination of fast and slow rhythms to get your heart pumping and tone and sculpt the body along with dynamic core exercises. Great for beginners!

Mondays & Wednesdays, September 9 - December 11
3:00 - 3:45 pm

Program Code: 2568

No class November 27



Body in Motion

A fun and challenging physical activity program focusing on joint range of motion, muscle strength and endurance, flexibility, agility, balance and coordination.

Mondays & Wednesdays, September 9 - December 11 Program Code: 2569

9:30 - 10:30 am

No class November 27

SilverSneakers® Muscular Strength & Range of Movement (Level 1)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Tuesdays & Thursdays, September 10 - December 12

Program Code: 2570

9:30 - 10:30 am

Thanksgiving Day Closed

SilverSneakers® Cardio Circuit (Level 2)

Combine fun with fitness to increase your heart and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with low-impact aerobic choreography. A chair is offered for support, head-to-toe stretching and complete relaxation in a comfortable position.

Mondays & Wednesdays, September 9 - December 11

Program Code: 2629

1:45 PM - 2:45 PM

No class November 27

SilverSneakers® YogaStretch

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Tuesdays, September 10 - December 10

Program Code: 2571

10:45 - 11:45 am

Please note class is now Tuesdays only

MVP Gentle Yoga Moves

Increase flexibility, strengthen bones and muscles and create a sense of peace and calm within. Gentle yoga poses will be offered through seated, standing and floor options to meet your personal needs. Please wear loose and comfortable clothing. Bring a yoga mat and pillow. Class capacity is 25.

Thursdays, September 12 - December 12

Program Code: 2658

10:45 - 11:45 am

Closed Thanksgiving Day



Qi Gong

Qi Gong is a series of gentle exercises to promote energy flow in the body. It can improve posture, balance and flexibility, as well as functions of the respiratory and digestive systems. It also calms the mind and relieves stress.

Tuesdays, September 10 - October 22

Program Code: 2694

1:45 - 2:45 pm

Tuesdays, October 29 - December 10

Program Code: 2695

1:45 - 2:45 pm

Tai Chi

Tai Chi is sometimes described as "meditation in motion," connecting the mind and body. Benefits can include improving balance, flexibility and muscle strength, increasing energy and lowering blood pressure. This class introduces the Yang Style Short Form Tai Chi.

Tuesdays, September 10 - October 22

Program Code: 2696

2:45 - 3:45 pm

Tuesdays, October 29 - December 10

Program Code: 2697

2:45 - 3:45 pm

Yoga

Learn classic yoga postures, breath work and relaxation. No prior experience needed; people at all levels of fitness are welcome. Wear loose, comfortable clothes and bring a mat and pillow.

Session 1: Wednesdays, September 11 - October 16
5:30 - 6:30 pm

Program Code: 2579

Session 2: Wednesdays, September 11 - October 16
6:45 - 7:45 pm

Program Code: 2580

Session 1: Wednesdays, October 23 - December 11
5:30 - 6:30 pm

Program Code: 2698

No class November 27

Session 2: Wednesdays, October 23 - December 11
6:45 PM - 7:45 pm

Program Code: 2699

No class November 27

MVP Health Care[®]

Program Registration Form

Please Write the Program Name and Code

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Program Name

Program Code

Member Name: _____

Member ID #: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone #: _____ Email: _____

Yes, I would like to receive class information and reminders by email.

Thank You! You will receive a reminder card in the mail 3-4 days before the first day of class.

Please return to:



MVP Health Care
220 Alexander Street
Rochester, NY 14607
Attn: MVP Health Care Wellness Center



Or call the Customer Care Center
1-800-665-7924, TTY: 1-800-662-1220
Monday - Friday 8 am to 8 pm
Saturday 8 am to 4 pm, Eastern Time.



Or register online at www.mvphealthcare.com

