



THIRD AGE LIVING

*Learn about healthy aging
Serve through volunteerism
Caregiving ... information and assistance*

Volume 3 • 2012

Nothing should hold you back

If you have been looking for a fun, motivational workout with a professional, try one of Pam McDonald's three classes.

Pam has 20 years of experience as a fitness instructor. Her upbeat classes help students stay motivated and healthy. Her classes include Forever Strong (strength), Muscles in Motion (cardio/balance) and Funercise (combination of all three). Everyone is encouraged to come and work at their own level and pace — nothing should hold you back!

Pam is more than a fitness instructor — she is a friend. “My students’ health and well being are important to me,” She said. Pam finds all her students to be inspiring and enjoyable to be around. Pam herself is easy going and has a wonderful way of getting along with everyone.

The social aspect of the class is important, too. At the beginning of class, students discuss personal events and during class, group exercises give everyone a chance to learn each other’s name and talk.

Pam takes a holistic approach in her classes by promoting exercise for mind, body and spirit. It is important that her students feel and do better, have better balance, become stronger and make new friends. Students report attendance helps stabilize their blood pressure, help manage arthritis and help keep them physically fit.

Classes are held at FitClub South, Laurel United Methodist Church and Christ

the King Parish in Springfield. All classes are 45 minutes to an hour and cost \$3.

The Muscles in Motion/Balance class is held on Monday and Friday at 10:30 a.m. and Forever Strong is held on Monday, Wednesday and Friday at 1:15 p.m. at FitClub South, 3631 S. Sixth Street.

Laurel United Methodist Church, 631 South Grand Ave. West, holds classes on Tuesdays and Thursdays with Muscles in Motion/Balance at 10:30 a.m. and Forever Strong following at 11:15 a.m.

Funercise takes place at 5:45 p.m. on Mondays, Wednesdays and Thursdays at Christ the King Parish, 1930 Barberry Drive.

New members can receive a free exercise coupon by visiting the Third Age Living office on the 2nd floor in the Bergner’s wing at White Oaks Mall in Springfield.



Pam McDonald



**St. John's
Hospital**

AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

CLASS OFFERINGS

AARP Driver Safety Program (Fee: \$12 for AARP members; \$14 for non-members)

A two-day session for drivers age 50 and older. Participants must attend both sessions. Attendance may qualify you for car insurance discounts. Please pay fee on the first day of class. Make checks payable to AARP. Call 544-6464, ext. 45230, to make a reservation and for location information. 12:30 - 4:30 p.m., both days.

- November 19 & 20
- December 10 & 11
- January 7 & 8

Health Education and Screenings (Free. Limited seating. Register early!)

Wednesdays at 9:30 a.m., White Oaks Mall, upper level Bergner's wing. We do not send out confirmations, so please mark your calendar. To register, call 544-6464, ext 45230.

- October 24 **Mining Your Memories**
Linda Lenzini, Freelance writer
- October 31 **Lung Function and Breathing Exercises**
Angie McDonnell, RN, St. John's Hospital, Respiratory Therapy Department
- November 14 **Mining Your Memories**
Linda Lenzini, Freelance writer
- November 28 **Reflexology,"What the Feet can tell you."**
A form of acupressure for feet and hands
- December 5 **Dining Out Healthfully**
Donna Chestnut, MS, RD, St. John's Hospital
- December 19 **Join our 2013 Book Club**
Call for more information

Ask the Pharmacist – Brown Bag Medication Review (Free)

Please call 544-6464, ext. 45230 to schedule a 30-minute appointment.

Bring your medication in or provide St. John's pharmacist with a list of your medications, including over-the-counter medications, herbs, vitamins and supplements. The pharmacist will review the reason for the medication, the proper time to take it, discuss drug and food interactions and which medications should be taken separate from the others. Reviews are held at White Oaks Mall, upper level Bergner's wing.

- October 17, 1 - 4 p.m.
- November 7, 1 - 4 p.m.
- December 19, 1 - 4 p.m.

Caregiver Resource Center

Information and assistance on caregiving and senior services in the Springfield area is available through St. John's Third Age Living and Family Caregiver Resource Center. A free Caregiver Guide is available to help caregivers organize medical and financial papers. Call (217) 544-6464, ext 47797, for more information.

Third Age Living computer classes for adults 50+

The Computer Learning Center (CLC) has classes and workshops that are small and feature hands-on activities. Each has an instructor and a coach and is designed to be user-friendly and enjoyable. Classes are based on Microsoft Windows XP and Office XP platforms. (We do not have Vista or Windows 7.) Upcoming class offerings are listed on the facing page. If you have computer experience and would like to volunteer at the CLC, please call us at (217) 757-6620, press 2.

Third Age Living Computer Learning Center

Tentative Fall 2012 Session*

Call 757-6620 and press 3 for registration. You may bring your fee the first day of class.

White Oaks Mall, upper level Bergner's wing. Classes are on a first come, first-served basis so register early.

Computer Basics 1 — You will learn how to use the mouse and the basic operations of the **Windows XP** operating system. You will work with Windows and basic Windows programs. **\$35**

- Monday & Wednesday, 10:50 a.m. - 12:40 p.m., 7 sessions, October 10 -31
- Tuesday & Thursday, 9:30 - 11:20 a.m., 7 sessions, October 11 - November 1
- I do not have any prior computer experience and need instruction on mouse skills before taking Basics 1. (Free)

Computer Basics 2 — This is a continuation of Computer Basics 1. You will continue to work with Windows XP programs, files and discs and learn how to customize the Windows program to fit your individual needs. Must have completed Computer Basics 1. **\$35**

- Monday & Wednesday, 10:50 a.m. - 12:40 p.m., 7 sessions, November 5 - 26
- Tuesday & Thursday, 9:30 - 11:20 a.m., 7 sessions, November 6 - 29

Computer Basics 1 & 2 — Learn the same computer skills as our existing Computer 1 and Computer 2 class, only in a condensed format. This class is for people eager to learn, have a home computer and are willing to be challenged. **\$35**

- Tuesday & Thursday, 11:50 a.m. - 1:40 p.m., 10 sessions, October 11 - November 13

Spreadsheet — Organize your home files into an Excel spreadsheet. Learn how to enter data, do calculations and sort information for your easy use. **\$35**

- Tuesday & Thursday, 2 - 3:50 p.m., 7 sessions, October 11 - November 1

Internet/E-Mail — Learn how to use a Web browser to navigate the World Wide Web. Learn about different search methods and how to explore different categories of information. Learn how to use e-mail. **\$35**

- Friday, 9:30 - 11:20 a.m., 7 sessions, October 12 - November 30

PRE-REQUISITES — Attendees in the Word Processing, and Internet/E-mail classes should have a basic knowledge of Windows and be able to use a mouse.

WORKSHOPS — These workshops are in lecture format and provide an overview of the topic.

- Geneology – Let's Get Started** — Wednesday, December 5, 1 - 3 p.m.. **\$10**
- Introduction to Digital Cameras** — Learn how to buy and use digital cameras. Features will be discussed. Thursday, December 6, 1 - 3 p.m., **\$10**
- Introduction to Scanners** — How to use a scanner and the basic features of this technology. Thursday, December 13, 1 - 3 p.m., **\$10**
- Introduction to Picasa** — Learn how to transfer, find, organize, edit, print and share your digital images. Friday, Decemeber 7, 1 - 3 p.m., **\$10**
Friday, Decemeber 13, 1 - 3 p.m., **\$10**

* Dates and times are subject to change.



AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

800 E. Carpenter
Springfield, IL 62769

Non-Profit Org.
U.S. Postage
PAID
Springfield, IL
Permit No. 542

Third Age Living/CIVS
White Oaks Mall, Springfield
Second Floor, Bergner's Wing

Third Age Living: (217) 757-6620
CIVS: 757-6621
Fax number: 726-7528

CAREGIVER INTERFAITH VOLUNTEER SERVICES

A neighbor's
independence
DEPENDS
on you!

What is CIVS?

Caregiver Interfaith Volunteer Services (CIVS) is a network of 28 interfaith congregations and parishes who assist older adults 55 years of age and older to remain independent in their own homes as long as possible.

CIVS trained volunteers provide services in Springfield, Chatham, Rochester and Sherman at this time. Services include:

- Transportation for medical appointments and shopping
- Grocery shopping for persons no longer able to leave home
- Minor home repairs
- Limited respite care for up to three hours once a week
- Caring companionship telephone calls

CIVS Volunteers provide SUPPORT rather than ACTUAL CARE

There are no charges for services; however, donations are always appreciated. To become a volunteer or register for services, please call 217-757-6621. Please allow three to four working days for volunteer assistance.

If your congregation or parish would like to become a part of CIVS, please call Kay Alberts, CIVS Program Coordinator at (217) 757-6621 for additional information.