



Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people?

This free, fun, and educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices.
- Celebrate this exciting stage of life and all the benefits that come with it.
- Discuss risk factors and behaviors you should avoid to staying healthy.
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems.
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive.

UPCOMING DATES:

Wednesday, January 8th (and every Wednesday after that until February 12th), from 10am – 11:30am.
St. Paul's, 6360 Rt 242 E, Ellicottville NY. Lunch served at 11am.

Wednesday, February 26th (and every Wednesday after that until April 2nd), from 10am – 11:30am.
Yorkshire Free Methodist Church, 3172 Main St, Yorkshire NY. Lunch served at 11am.

Thursday, February 27th (and every Thursday after that until April 3rd), from 10am – 11:30am.
Allegany Senior Nutrition, 3 East Main St, Allegany NY. Lunch served at 11am.

For questions, please contact Erica Sebastian at Esebastian@casa-trinity.org

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Lesson 1: Understanding the changes associated with changing.

- Better understanding of the facts and myths of aging
- greater familiarity with the top ten causes of death in America
- Enhanced knowledge of how to help prevent premature death
- heightened awareness of the risk of depression among seniors

Lesson 2: Aging Sensitivity

- Better understanding of the biological changes associated with aging
- Greater insight into our own feelings about aging
- Heightened awareness of the advantages of growing older

Lesson 3: Valuing cultural and generational diversity.

- Expanded understanding of the concepts of culture and diversity
- Improved ability to name our own cultural identifications, how they impact our values and the ways we interact with others
- Better understanding of the diversity of senior citizens and the unique needs of different types of seniors

Lesson 4: Medication and the older adult.

- Increased awareness of the prevalence of medication use among older adults
- Expanded knowledge of how to manage medication use
- Greater familiarity with drugs commonly used by older adults, typical adverse reactions to drugs, and age-related changes in how drugs are metabolized
- Improved ability to relate critical information to health care providers and ask important questions relevant to medication use

Lesson 5: Substance abuse

- Increased understanding of addiction as a disease
- Improved ability to identify the signs of alcohol abuse among seniors
- Expanded knowledge of the effects of alcohol and other drug use and abuse
- Greater familiarity with the health risks and treatment options for addiction

Lesson 6: An enhanced quality of life

- Greater familiarity with strategies for maintaining a healthy lifestyle
- Increased awareness of our personal “stress triggers”
- Heightened awareness of our personal values and how they influence the way we think and act

Hope begins here.

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