

Spring 2011

# VigR™

## Enrichment Workshops

From Friends Life Care



VigR™ is a proactive, research-based program that helps participants improve their current quality of life and the trajectory of their aging experience.





A holistic approach to vital aging:  
an idea whose time has come.

# Introducing VigR™

## A New Program From Friends Life Care

The word *vigor* means “active bodily or mental strength or force.” Vigor makes the difference between aging and aging *well*. Although Americans are living longer, we’re not necessarily living better. Many adults spend years, or even decades, in state of steady decline. VigR™ is designed to help change all that.

### VigR = Vigor

At Friends Life Care, we believe a combination of **vitality, independence, growth and resilience (VigR)** is required to stave off the effects of chronological aging. That’s why we’ve created a program to help participants understand and improve these four essential factors.

### VigR Enrichment Workshops

Inside you’ll find descriptions of our VigR Enrichment Workshops, the first of several exciting VigR program components. These interactive educational courses, presented by respected leaders in their fields, explore diverse topics, from mental and physical fitness to retirement transitions.

To start, we’re offering a different VigR Workshop in each of our six major geographic service locations:

- Center City Philadelphia
- Eastern Montgomery County
- Mainline Philadelphia
- Bucks County
- Chester County
- Wilmington, Delaware

Eventually, we plan to bring all our VigR workshops to a location near you.

### Add VigR to Your Life This Spring!

**Special Introductory Offer: Enroll by April 20 and receive a \$25 discount.** Please use the registration form on page 11.

#### *Coming Soon ...*

Explore VigR in class and on the Web, too, with **VigR eMeetinghouse**—an online community for VigR participants and anyone interested in the program’s life-enhancing insights. Connect with fellow attendees, share your ideas, read the latest news and health information, and much more!

*The VigR program is underwritten primarily through a generous donation and other non-membership funding.*

# Nutrition Myth Busters

## Marcia Silkroski, Workshop Leader

From infancy on, good nutrition is important at every stage of life. The “2010 Dietary Guidelines for Americans” includes 23 Key Recommendations for the general public and six additional Key Recommendations for specific populations, such as individuals aged 50 and older. In six interactive sessions, participants discover the vital role nutrition plays in preventing, delaying and managing chronic disease in their middle years and beyond. Based on scientific research, the workshop distinguishes nutrition truths from media hype and includes topics such as weight shifting, disease prevention, understanding industry terms and trends, and nutritional supplementation. Participants also receive optional one-to-one coaching.



**Marcia Silkroski, RD, LDN**, is a consultant, an author and the owner of Nutrition Advantage, a company through which she provides nutritional counseling. Silkroski co-wrote a nursing textbook on nutrition and has written numerous nutrition-related chapters for textbooks on topics such as complementary and alternative medicine, long-term care, renal disease, and wellness.

### MONDAYS

May 2, 9, 16 & 23

June 6 & 13

6:30 to 8 p.m.

### Location

Marsh Creek Church  
180 Gordon Drive  
Exton, PA 19341

### Tuition

Friends Life Care Member	\$295
FC3 Member	\$320
Non-member	\$345
Optional 1:1 Telephonic Coaching	\$100 per session

*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*

# Real Meaning in Retirement

## A Guide to Purposeful Transition

### Paul Hilt, Workshop Leader

Recent research conducted at Rush University Medical Center in Chicago reveals that older adults who reported feeling a strong sense of purpose in life were 2.4 times less likely to develop dementia than their less purposeful counterparts. Retired people often struggle with uncertain identity, unstructured time, unclear direction and lack of community. This interactive four-week workshop helps participants assess five critical emotional aspects of retirement and discover their personal rudder for navigating the next phase of life. Hilt offers one-to-one coaching for interested attendees.



**Paul Hilt**, founder of Hilt & Associates, a coaching and consulting organization, is best known for his innovative Wind-At-Your-Back Coaching Process. He works with a wide variety of individuals and organizations, including ARAMARK, Citizens Bank, Wyeth (now Pfizer), the Social Security Administration, Penn State University, Girl Scouts of the USA and numerous school districts. Hilt cofounded the Knowledge Management Group of Philadelphia and taught graduate and executive MBA classes at St. Joseph's University.

**TUESDAYS**

**May 3, 10, 17 & 24**

**6:30 to 8 p.m.**

#### **Location**

Millridge Manor House  
975 Mill Road  
Bryn Mawr, PA 19010

#### **Tuition**

<b>Friends Life Care Member</b>	<b>\$245</b>
FC3 Member	\$270
Non-member	\$295
Optional 1:1 Telephonic Coaching	\$100/session

*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*

# Boost Your Resilience!

## Practical Skills to Help You Feel Better and Do Better at Home, at Work and in Life

### Dean Becker, Workshop Leader

Whether you are still working, starting an encore career or actively retired, you need resilience to survive and thrive. Based on positive psychology research conducted at the University of Pennsylvania, this workshop offers concrete, practical skills to help you become more resilient, focused, energized, optimistic and motivated, especially when dealing with change, uncertainty and other life challenges. Before the first session, Dean Becker invites participants to complete the Resilience Factor Inventory® (RFI)—an online personal assessment tool. In four highly interactive 90-minute sessions, participants learn the Seven Adaptiv Skills for building resilience and receive plenty of opportunity to practice them. Becker also offers participants optional one-to-one coaching.



**Dean Becker** is managing director and cofounder of Adaptiv Learning Systems, an organization that develops and delivers resilience training programs to companies, schools and individuals worldwide. He holds a BA in psychology and an MBA. A recognized expert in the field of individual and organizational resilience, Becker is a popular executive coach, facilitator and speaker. He has delivered hundreds of presentations and workshops on resilience to Fortune 100 companies, including Verizon, Merck, Johnson & Johnson and Sprint Nextel.

**TUESDAYS**

**May 3, 10, 17 & 24**

**6:30 to 8 p.m.**

#### **Location**

Doylestown Country Club  
401 Pebble Hill Road  
Doylestown, PA 18901

#### **Tuition**

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**Friends Life Care Member**

**\$245**

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FC3 Member

\$270

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Non-member

\$295

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Optional 1:1 Telephonic Coaching:

\$100/session

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*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*

# Mindfulness Meditation and the Brain

## Lois A. Hitt, Workshop Leader

Research has long demonstrated the effectiveness of mindfulness meditation—a method of focusing attention nonjudgmentally on the present moment—as a strategy for stress reduction. According to a new study conducted at Massachusetts General Hospital, published in the January 30, 2011, issue of *Psychiatry Research: Neuroimaging*, participation in an eight-week mindfulness meditation program makes measurable changes in brain regions associated with memory, sense of self, empathy and stress. This eight-week workshop includes discussion and the practice of mindfulness meditation, and introduces methods for reducing stress, insomnia, anxiety and pain. By exploring a variety of meditation techniques, Lois Hitt helps participants discover the meditation practice best suited to their temperaments and lifestyles.



**Lois A. Hitt** is the founder and president of The WellCore Group. She participated in Fox Chase Cancer Center’s study of meditation and brain imaging and serves as an adjunct professor in the College of Health Professions at Temple University, where she teaches yoga and meditation. Hitt has been studying and teaching yoga and meditation since 1974. A Yoga Alliance Experienced Registered Yoga 500 Teacher, she instructs yoga students at The Becoming Center in Ambler, Pennsylvania, and certifies yoga teachers in West Chester, Pennsylvania.

### WEDNESDAYS

May 4, 11, 18 & 25

June 1, 8, 15 & 22

6:30 to 8 p.m.

### Location

Abington Friends Meeting  
520 Meetinghouse Road  
Jenkintown, PA 19046

### Tuition

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Friends Life Care Member

\$395

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FC3 Member

\$420

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Non-member

\$445

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*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*

# Exercise: A Prescription for Vitality

## Brian Walls, Workshop Leader

**F**ew factors contribute as much to vital aging as a physically active lifestyle. With every year, you have more to gain from physical activity. Emerging research indicates that even moderate amounts of aerobic exercise promote neuronal growth in the brain. A Swedish study recently published in the British Medical Journal suggests that starting a regular exercise regime after age 50 can increase a person's longevity to match that of individuals who have been exercising for many years. This six-week course teaches participants about the nature of movement and provides pain-free ways to exercise and strengthen the body. Each 90-minute session covers issues of fitness and aging, and also serves as an exercise class. Brian Walls introduces fun new exercises that may help improve and prolong your life. Wear comfortable clothing appropriate for activity.



**Brian Walls, DPT**, is the cofounder and lead strength & conditioning coach at Whole Health 4 You Rehabilitation and Fitness in Philadelphia. A trained physical therapist, Walls specializes in creating programs that enhance physical fitness and improve quality of movement in daily activities. Walls has served as an adjunct professor at Chestnut Hill College and conducts certification workshops for fitness instructors in the Philadelphia area.

**WEDNESDAYS**

**May 18 & 25**

**June 1, 8, 15 & 22**

**6:30 to 8 p.m.**

### **Location**

Delaware Center for Horticulture  
1810 North DuPont Street  
Wilmington, DE 19806

### **Tuition**

<b>Friends Life Care Member</b>	<b>\$195</b>
FC3 Member	\$220
Non-member	\$245

*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*



# Improving Sleep for Better Health

## Michael Grandner, Workshop Leader

**S**leep is as crucial to overall health and well-being as physical activity and healthy eating, yet millions of Americans forgo sufficient sleep or suffer from sleep problems that prevent them from obtaining it. According to the National Sleep Foundation’s Sleep in America poll, 44% of older adults experience one or more symptoms of insomnia. Left untreated, sleep problems can take a serious toll on health and significantly reduce quality of life. This interactive four-week workshop introduces the science of sleep and helps participants better understand the relationship between sleep habits and health and longevity. Michael Grandner provides techniques for maximizing sleep, separates truth from myth, and helps participants recognize and manage common sleep issues.



**Michael Grandner, PhD**, is a postdoctoral fellow at the University of Pennsylvania Center for Sleep and Circadian Neurobiology (CSCN), Division of Sleep Medicine, Department of Medicine. Grandner studies the way sleep and sleep-related behaviors relate to longevity, mental health, obesity, diabetes and cardiovascular disease in individuals and populations. Many of his papers have been published in peer-reviewed scientific journals. Grandner is an active member of the American Academy of Sleep Medicine, the Sleep Research Society, the Society for Behavioral Sleep Medicine and the Pennsylvania Sleep Society, for which he serves on the board of directors.

**THURSDAYS**

**May 5, 12, 19 & 26**

**6:30 to 8 p.m.**

### **Location**

Friends Center  
Martin Luther King Room  
1501 Cherry Street  
Philadelphia, PA 19102

### **Tuition**

<b>Friends Life Care Member</b>	<b>\$245</b>
FC3 Member	\$270
Non-member	\$295

*Enroll by April 20 and receive a \$25 discount! See registration form on page 11.*

## Policies

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### Registration Deadlines

To ensure accurate processing, Friends Life Care requests registration at least five (5) days prior to the first session of the selected workshop; however, registration will be accepted up until the starting date of each course or until the enrollment limit has been reached.

### Workshop Withdrawals and Refunds

Registered participants may withdraw from a VigR Enrichment Workshop in writing up to one week (7 days) prior to the first session date (e.g., for workshops beginning on a Monday, withdrawal request must be received by the Monday before). A \$35 withdrawal fee will be deducted from the tuition refund. Friends Life Care will not issue refunds for workshop withdrawals less than seven days prior.

Submit withdrawal requests via e-mail to [kmolyneaux@friendslifecare.org](mailto:kmolyneaux@friendslifecare.org) or fax to **215-628-9089**. Please provide the course name and your complete contact information, including name, address, phone number and e-mail address.

### No Shows

Registered participants who do not attend the workshop in which they are enrolled, but have not formally withdrawn, are responsible for payment in full.

### Cancellations

Friends Life Care reserves the right to cancel a workshop for any reason. In the event of a cancellation, Friends Life Care will notify registered participants and refund the entire tuition payment.

### For More Information

For more information and answers to your questions, please contact:

**Elise Lamarra, RN, BSN**

Friends Life Care

Vice President of Clinical Operations

Phone: **215-628-8964**

E-mail: [elamarra@friendslifecare.org](mailto:elamarra@friendslifecare.org)

# VigR Enrichment Workshops

## Registration Form

(please print clearly)

*Register by April 20 and receive a \$25 discount per workshop!*

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Day) \_\_\_\_\_ (Evening) \_\_\_\_\_ (Cell) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Membership Status  Friends Life Care  FC3  Non-Member

### Course Selection

Please check workshop title and circle price.

<b>Workshop Title</b>	<b>FLC Member</b>	<b>FC3 Member</b>	<b>Non- Member</b>
<input type="checkbox"/> <b>Nutrition Myth Busters</b>	\$295	\$320	\$345
<input type="checkbox"/> <b>Real Meaning in Retirement</b>	\$245	\$270	\$295
<input type="checkbox"/> <b>Boost Your Resilience!</b>	\$245	\$270	\$295
<input type="checkbox"/> <b>Mindfulness Meditation and the Brain</b>	\$395	\$420	\$445
<input type="checkbox"/> <b>Exercise: A Prescription for Vitality</b>	\$195	\$220	\$245
<input type="checkbox"/> <b>Improving Sleep for Better Health</b>	\$245	\$270	\$295

Early-bird discount of \$25 per workshop

(Applies to registration by April 20, only)

**Total** \$ \_\_\_\_\_ \$ \_\_\_\_\_ \$ \_\_\_\_\_

This form may be duplicated for additional individual registrations.

Total amount of your check \$ \_\_\_\_\_

*Please make check payable to **Friends Life Care**, enclose this form and mail to:*

FRIENDS LIFE CARE  
531 Plymouth Road, Suite 500  
Plymouth Meeting, PA 19462



Security • Vitality • Independence

[www.friendslifecare.org](http://www.friendslifecare.org)

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