

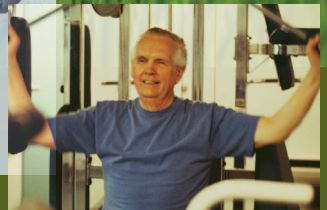
Spring 2012

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.



VigR™: A New Program From Friends Life Care

New Workshops Added!

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 a 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

Special
Spring
2012
Pricing!

We are delighted with the success of our VigR program and the funding we have secured to support it.

With the aid of recent grant monies, we can offer our spring Enrichment Workshops at a drastically reduced price—**nearly 50% less**—making them available to a wider audience!

Presented by respected leaders in their fields, these interactive educational workshops explore diverse topics, from exercise to creating emotional balance.

Enroll Now and Save Even More

In addition to our special spring 2012 pricing, we are also offering an early-bird registration incentive. See page 11 for details.

Pursue VigR at Home

Explore VigR in the classroom and at home, too, with **VigR eMeetinghouse**, our unique online community. Connect with fellow attendees and workshop leaders, share your ideas and find out more! Also as a VigR participant, you’ll receive a take-home binder for each workshop you attend to help you remember and apply what you’ve learned.

Our VigR Enrichment Workshops are made possible in part through generous support from:

Friends Foundation for the Aging
Tyson Memorial Fund
Enterprise Foundation
Evans Assistance Fund



Finding Inner Peace Through Yoga

Gail Tomarchio, Workshop Leader

Yoga has been practiced for more than 5,000 years. Today, nearly 11 million Americans enjoy its many scientifically demonstrated benefits for body and mind. If you have ever wanted try yoga and meditation but felt uncomfortable jumping into an ongoing class at a gym or studio, this course is for you. Here's your chance to learn about and experience the ancient practice of yoga in a supportive educational environment. This active six-session workshop includes discussion of the five pathways of yoga, a gentle practice of asanas (postures) and experimentation with a different meditative technique each week. Please wear comfortable clothing and bring a yoga mat. A yoga blanket is provided for all participants.



Gail Tomarchio, MA, LPC, NCC, is a licensed professional counselor in Pennsylvania, a national certified counselor, an accredited professional coach and a certified yoga instructor. Tomarchio has written articles for wellness newsletters and an article on the positive role of mindfulness in the workplace, published in CDHC Solutions, a magazine targeting employee benefits professionals. She formerly hosted a radio show on B101 Philadelphia, discussing a range of health and wellness issues. She is the wellness supervisor at Friends Life Care.

TUESDAYS

April 10, 17, 24

May 1, 8, 15

5 to 6:30 p.m.

Location

St. Raphaela Center
616 Coopertown Road
Haverford, PA 19041

Tuition (includes yoga blanket)

| | |
|---------------------------------|--------------|
| Friends Life Care Member | \$105 |
| Non-member | \$125 |

Navigating Transitions in the Second Half of Life

Paul Hilt, Workshop Leader

As we age, change is inevitable. Our children leave the nest. We spend a lifetime working then face retirement or semi-retirement. Physically, it becomes more difficult to do the things we used to. Personal changes can force us to rethink who we are and what we genuinely want. In four sessions, this engaging program takes you through a series of practical activities to help you choose how to live meaningfully in the next stage of life. Active discussion with Paul Hilt and like-minded participants provides down-to-earth support, perspective and guidance. The end result: increased clarity about the path ahead and greater focus on the next steps. As one Friends Life Care member said after participating in this workshop, “This is the best six hours I’ve ever spent in a course.” A book and online strengths assessment are included. Optional one-to-one coaching is available for an additional fee, after the course ends.



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

MONDAYS
April 16, 23, 30
May 7

5:30 to 7 p.m.

Location
Abington Friends Meeting
520 Meetinghouse Road
Jenkintown, PA 19046

Tuition (includes book and online strengths assessment)

| | |
|---------------------------------|--------------|
| Friends Life Care Member | \$125 |
| Non-member | \$145 |

What's Cooking? Nutrition Served Up Right

Flavia Herzog and Stephen Schaeffer, Workshop Leaders

On the subject of nutrition, news is always simmering. Anyone with nutrition advice (good or bad) wants to share it and the media frequently distort it. We are all individuals with different needs, and some of the information we hear is just plain invalid. In this popular interactive workshop, a registered dietitian and a chef help participants make informed food choices based on sound science. Topics include understanding terms and trends, weight shifting, nutrition supplements and disease prevention. In each of the four sessions, Chef Schaeffer cooks up a palate-pleasing dish based on Flavia Herzog's nutritional advice and dinner is served. Participants take home a substantial reference binder. Optional one-to-one coaching is available for an additional fee, after the course ends.



Flavia Herzog MA, RD, LDN, is a registered dietitian with her own nutrition practice. Herzog is a consultant to various organizations, including Zarett Rehab and Guardian Nurses, and serves as an adjunct professor at Community College of Philadelphia. She has been interviewed on CBS Philly news, "Good Day Philadelphia," CN8 "Your Morning" and other TV programs and is often quoted in articles. She has presented at the Commissioner's Forum on Childhood Obesity, the American Dietetic Association National Conference and other forums.



Stephen Schaeffer is a chef who is passionate about all areas of food—from growing and cooking it, to photographing and consuming it. He has been cooking since he was 10. Now he's making healthy meals for his two sons with allergies and his mother, who has diabetes. He is pursuing a dual master's degree in public health and international peace and conflict resolution from Arcadia University.

TUESDAYS

April 24

May 1, 8, 15

5:30 to 7 p.m.

Location

Friends Center City Riverfront
Community Room
22 South Front Street
Philadelphia, PA 19106

Tuition (includes dinner prepared in class)

| | |
|---------------------------------|--------------|
| Friends Life Care Member | \$125 |
| Non-member | \$145 |

Exercise: A Prescription for Vitality

Brian Walls, Workshop Leader

Few factors contribute as much to vital aging as an active lifestyle. Emerging research indicates that even moderate amounts of aerobic exercise promote neuronal growth in the brain. This active six-week program 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. You'll leave this workshop with a personal exercise routine specific to your fitness level and an exclusive DVD with all course exercises demonstrated by the instructor. Among previous participants, 90% demonstrated improvement in eight specific areas of strength and endurance.



Brian Walls, DPT, USAW, 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 everyday quality of movement. He has served as an adjunct professor at Chestnut Hill College and conducts certification workshops for fitness instructors in the Philadelphia area. Walls also serves as a wellness coordinator at Friends Life Care.

WEDNESDAYS

April 25

May 2, 9, 16, 23, 30

5:30 to 7 p.m.

Location

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

THURSDAYS

May 24, 31

June 7, 14, 21, 28

5:30 to 7 p.m.

Location

Doylestown Country Club
401 Pebble Hill Road
Doylestown, PA 18901

Tuition (includes exercise DVD)

Friends Life Care Member

\$105

Non-member

\$125

Improving Sleep for Better Health

Michael Grandner, Workshop Leader

Sleep is as crucial to overall health and well-being as physical activity and good nutrition, yet millions of Americans forgo sufficient sleep or suffer from sleep problems that prevent them from obtaining it. Left untreated, sleep problems can take a serious toll on health and significantly reduce quality of life. This three-session workshop introduces the science of sleep and helps participants better understand the relationship between sleep, health and longevity. Michael Grandner provides techniques for maximizing sleep, separates truth from myth, and helps participants recognize and manage common sleep issues. Participants keep a sleep diary and answer a questionnaire, then receive a detailed interpretation of their personal sleep habits at the end of the program.



Michael Grandner, PhD, is a postdoctoral fellow at the University of Pennsylvania Center for Sleep and Circadian Neurobiology. Grandner studies the way sleep and sleep-related behaviors relate to longevity, mental health, obesity, diabetes and cardiovascular disease. He 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. Many of his papers have been published in peer-reviewed scientific journals.

TUESDAYS

May 29

June 5, 12

5:30 to 7 p.m.

Location

West Chester University
Graduate Business Center
1160 McDermott Drive, Room 312
West Chester, PA 19383

Tuition

| | |
|---------------------------------|--------------|
| Friends Life Care Member | \$105 |
| Non-member | \$125 |



Creating Emotional Balance: The Power of Perception



Gail Tomarchio, Workshop Leader

Does life often feel stressful, demanding, overwhelming? Some stress is normal, even healthy; it releases hormones that increase heart rate and breathing, and supplies a burst of energy and alertness. On the other hand, too much stress can make you feel moody, anxious and depressed; cause headaches, back pain and muscle tension; and worsen existing health problems. During this 90-minute session you'll learn strategies for harnessing your thoughts to create a calmer, more relaxed state of mind. You may be surprised by how much control you actually have over your emotions and how the techniques in this workshop can help you more effectively manage stress.



Gail Tomarchio, MA, LPC, NCC, is a licensed professional counselor in Pennsylvania, a national certified counselor, an accredited professional coach and a certified yoga instructor. Tomarchio has written articles for wellness newsletters and an article on the positive role of mindfulness in the workplace, published in CDHC Solutions, a magazine targeting employee benefits professionals. She formerly hosted a radio show on B101 Philadelphia, discussing a range of health and wellness issues. She is the wellness supervisor at Friends Life Care.

THURSDAY

April 19

Noon to 1:30 p.m.

Location

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

Tuition (includes box lunch)

| | |
|---------------------------------|-------------|
| Friends Life Care Member | \$45 |
| Non-member | \$65 |

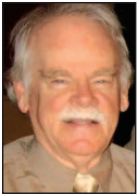


Soup's Up With Chef Seamus

Seamus Kearney, Workshop Leader



Soup is good food. That is what the Campbell's advertising slogan tells us at least. The fact is a bowl of well-prepared homemade soup makes a warm, wonderful way to consume your veggies; important vitamins and nutrients from cooked vegetables are retained in the liquid. In this 90-minute workshop, Chef Seamus teaches participants the fundamentals of soup and stock preparation, how to shop for ingredients and how to prepare a flavorful vegetable soup. Participants also learn about the basics of healthy nutrition, cooking equipment and methods of presentation, and share in a nourishing lunch of the soup prepared during class.



Seamus Kearney is a former chef and a retired information and referral specialist. Although he no longer runs and coordinates kitchens professionally, he still loves to cook at home and for business lunches at the Friends Center City Philadelphia monthly meetings. He also coordinates the Ethnic Eating Group of Friends in the City (FitC), leading monthly visits to Philadelphia's diverse ethnic restaurants.

THURSDAY

May 10

Noon to 1:30 p.m.

Location

Friends Center City Riverfront
Community Room
22 South Front Street
Philadelphia, PA 19106

Tuition (includes lunch of soup prepared during class)

| | |
|---------------------------------|-------------|
| Friends Life Care Member | \$45 |
| Non-member | \$65 |

The Healthy Brain: Maintaining Mental Skills With Age

Barbara Malamut, Workshop Leader



With age, the brain changes along with the body. Just as we can help prevent physical decline, there are many things we can do to slow down or compensate for changes in brain function. This interactive 90-minute workshop offers easily understandable science-based guidance on what it takes to improve mental acuity and maintain a healthy brain throughout life. At the end of the session, participants have an opportunity to share their own personal techniques for aiding or enhancing memory.



Barbara Malamut, PhD, is a licensed psychologist. She has practiced clinical neuropsychology for over 20 years and has conducted research on memory and aging. She co-edited the book “Clinical Neurology of the Older Adult,” and has been affiliated with the Hospital of the University of Pennsylvania and with Thomas Jefferson University Hospital. Malamut has appeared on television and radio.

THURSDAY

May 24

Noon to 1:30 p.m.

Location

IHM Conference Center
(St. Aloysius Center)

401 South Bryn Mawr Avenue
Bryn Mawr, PA 19010

Tuition (includes box lunch)

| | |
|---------------------------------|-------------|
| Friends Life Care Member | \$45 |
| Non-member | \$65 |



VigR Enrichment Workshops

Registration Form

Please print clearly. Duplicate this form for additional individual registrations.

| | | |
|----------------|-----------|--------|
| Name | | Age |
| Address | | |
| City | State | Zip |
| Phone (Day) | (Evening) | (Cell) |
| E-mail Address | | |

Membership Status ☐ Friends Life Care ☐ Non-Member

Course Selection Please check workshop title and circle price.

| Workshop Title | FLC Member | Non-Member |
|--|------------|------------|
| <input type="checkbox"/> Finding Inner Peace Through Yoga | \$105 | \$125 |
| <input type="checkbox"/> Navigating Transitions in the Second Half of Life | \$125 | \$145 |
| <input type="checkbox"/> What's Cooking? Nutrition Served Up Right | \$125 | \$145 |
| <input type="checkbox"/> Exercise: A Prescription for Vitality | \$105 | \$125 |
| <input type="checkbox"/> Improving Sleep for Better Health | \$105 | \$125 |
| <input type="checkbox"/> Creating Emotional Balance: The Power of Perception | \$45 | \$65 |
| <input type="checkbox"/> Soup's Up With Chef Seamus | \$45 | \$65 |
| <input type="checkbox"/> The Healthy Brain: Maintaining Mental Skills | \$45 | \$65 |

Early-bird discount: Take \$10 off each course (see details)

Total \$ _____ \$ _____

Early-Bird Discount – Save \$10

Enroll at least one week before the start date and take \$10 off the tuition fee for each workshop you select.

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

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For More Information

For answers to your questions, including information on registration, refunds, discounts and cancellation policies, please contact:

Friends Life Care

Elise Lamarra, RN, BSN

Vice President of Clinical Operations

Phone: **215-628-8964**

E-mail: **elamarra@friendslifecare.org**

