

John J. Gerlach Center for Senior Health
3724-A Olentangy River Road
Columbus, Ohio 43214-3643



Riverside Methodist Hospital
OhioHealth

SENIOR HEALTH PROGRAMS

JULY-AUGUST 2009

THE JOHN J. GERLACH CENTER FOR SENIOR HEALTH

Basic Computers 3 & 4 (Saving & Retrieving Information)

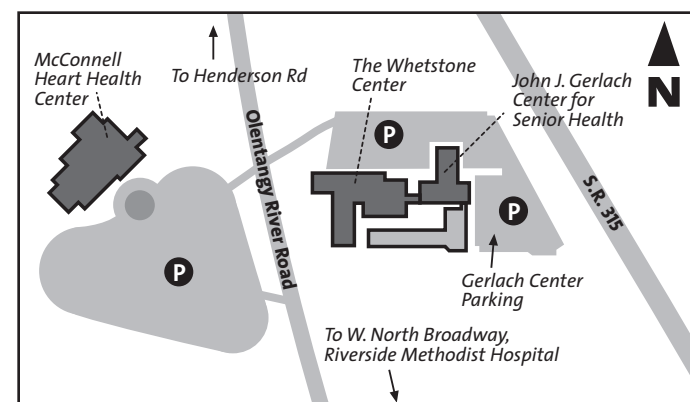
Prerequisite: Basic Computers Part 1 & 2 or equivalent knowledge.

The primary purpose of the class is to learn how to save information effectively, find it, and then organize that information on your computer or a flash drive. You will also learn how to install new programs (software) and customize your computer to fit your specific needs using the control panel.

Tuesdays, August 18 & 25; 6:00 to 8:00 p.m.

John J. Gerlach Center for Senior Health, 3724-A Olentangy River Road in the Whetstone Center

To learn more about all of our services, call (614) 566-5858 or visit our website, www.ohiohealth.com. Click on "Programs and Services" and select "Senior Health."



ONGOING GERLACH CENTER SERVICES

- Comprehensive Geriatric Medical Consultation
- Podiatrist
- Adult Day Health Programs
- Wellness Center – Exercise classes, lectures, computer classes
- Balance and Mobility Clinic
- Massage Therapy



The Food for Thought Programs are held at the Gerlach Center from 12:30 to 2 p.m. and are free for AdvantAge members, \$5 for non-members.

There are two ways to register for the Food for Thought Programs. Visit the OhioHealth website at www.ohiohealth.com and click on "Classes and Events," or call (614) 4-HEALTH (443-2584) and tell them you want to enroll in a FOOD FOR THOUGHT lecture and give title and date as below.

July 2, 2009

Watercolor 101

If you have a new or renewed interest in learning to watercolor for personal enjoyment or relaxation, this education session will provide you with "need to know" information.

Speaker: John Behling, Worthington Area Art League and Ohio Watercolor Society Member

July 9, 2009

60+ Rules for the Road

Driving is cognitively and physically demanding. This session reviews sensory losses and suggestions to maximize your driving skills. Make good choices instead of taking chances.

Speaker: Jane E. Acri, LSW, COAAA Healthy, Well & Wise Program Manager

July 16, 2009

5 Most Common Fractures

Learn about the five most common bone fractures and ask the expert any questions you might have.

Speaker: Gerard Papp, MD, Orthopedic Surgeon (Retired)

July 23, 2009

Identity Theft

Learn how to protect your personal identity. Safeguard your finances and your future.

Speaker: Upper Arlington Police Department and Amy Schlosser, Director of Upper Arlington Commission on Aging

July 30, 2009

Medication Management

This pharmacist will discuss medications commonly prescribed to seniors, along with typical interactions with food, other medications and supplements.

Speaker: Phyllis A. Grauer, RPh, PharmD, CGP

August 6, 2009

Women's Breast Health Issues

Learn about breast health issues affecting women over the age of 55.

Speaker: Larry Lilly, MD, Medical Director, Breast Health Services, Riverside Methodist Hospital

August 13, 2009

Herbal Remedies – Help or Hype

Learn to assess the safety and effectiveness of herbal products. Considers the risks, cost, questions to ask and where to get more information.

Speaker: Jane E. Acri, LSW, COAAA Healthy, Well & Wise Program Manager

August 20, 2009

Investment Terminology

Understanding my financial advisor or broker's language.

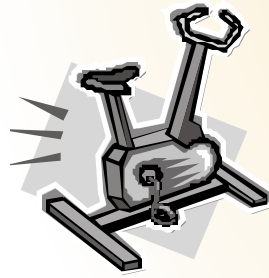
Speaker: Jerry Snyder, CFP, and Jay Lindner, CFP, Retirement Strategies

August 27, 2009

Arthritis

Learn about the major forms of arthritis and options for managing pain. See the latest in arthritis aids.

Speaker: Nick Turkas, MS, Director of Public Health, Central Ohio Chapter of the Arthritis Foundation



SENIOR FITNESS

Five Days a Week at Gerlach

T'ai Chi for Movement and Balance

A 45-minute class to improve your movement and gait.

Tuesdays and Thursdays at 10 a.m. \$2 for AdvantAge members; \$4 for non-members

Gentle Aerobics for Strength and Lung Expansion

A 50-minute aerobics and strength class for those who want to begin or maintain a fitness program.

Mondays & Wednesdays at 9:00 a.m., Tuesdays at 8:45 a.m. and Fridays 8:30 a.m. and 9:30 a.m. \$2 for AdvantAge members; \$4 for non-members

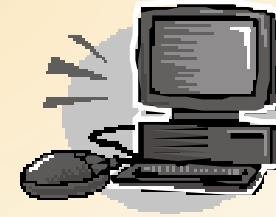
Yoga for Limbering and Balance

A 60-minute gentle workout. Slow motion stretching, limbering.

Mondays and Wednesdays 3:00 – 4:00 p.m. \$2 for AdvantAge Member; \$4 for non-members

GERLACH PODIATRIST

Dr. Mark Mazur, DPM, offers services here at the Gerlach Center to any senior who needs foot care. The podiatry clinic is at the Gerlach Center on designated Fridays from 9 a.m. to 4 p.m. Dr. Mazur will be here on these upcoming Fridays: July 10, July 24, July 31, August 14 and August 28. Call Dr. Mazur's office directly at 274-7448 to schedule an appointment.



COMPUTER CLASSES AT THE JOHN J. GERLACH CENTER

Instructors from Web Wise Seniors offer hands-on experience in a small group environment. All equipment is provided. Individuals, couples and small groups are welcome.

Classes are held at the Gerlach Center. Please call (614) 4-HEALTH (443-2584) to register for all Web Wise Senior computer classes. Two-part classes are \$45 for AdvantAge members; \$47 for non-members.

DJ's Cyber Café

DJ's Cyber Café offers a free, one-on-one, on-site computer tutoring program, available on a scheduled weekly basis for one hour sessions. Peer volunteers individualize the material to the student's needs and pace. For more information call (614) 566-5858.

Ebay 1 & 2

Prerequisite: Basic Computers or equivalent knowledge. Internet experience helpful.

Learn how to safely bid and buy items on Ebay as well as set up an account to sell those items that have been gathering dust for you, but someone else wants right now!

Tuesdays, July 7 & 14; 2:00 to 4:00 p.m.

Power Point 1 & 2

Prerequisite: Basic Computers or equivalent knowledge.

Now with an introduction to PowerPoint 2007! Microsoft PowerPoint enables you to create exciting slide show presentations for business meetings, family reunions, weddings or school, complete with text, graphics, pictures, and animation.

Tuesdays, July 7 & 14; 6:00 to 8:00 p.m.

Basic Computers 1 & 2

No previous computer knowledge is required.

The first class will explain the basic functions your computer. The second class includes a review and progresses to understanding the functions of the keys on the keyboard (not typing). Students will learn how to input information into the computer, correct typing errors, insert and delete text, and more.

Tuesdays, July 21 & 28; 2:00 to 4:00 p.m.

Microsoft Publisher 1 & 2 (Professional Publications)

Prerequisite: Basic Computers or equivalent knowledge.

Now with an introduction to Publisher 2007! Microsoft Publisher enables you to create professional-looking marketing materials. You'll learn to add and editing photos and clip art, arrange text on the page, properly align text and create word art.

Tuesdays, July 21 & 28; 6:00 to 8:00 p.m.

Internet 1 & 2

Prerequisite: Basic Computers or equivalent knowledge.

You will learn how to connect and navigate the Internet. The second class provides time for review and discusses browsers in more detail, shows you how to download programs, search more effectively, store your favorites and avoid viruses.

Tuesdays, August 4 & 11; 2:00 to 4:00 p.m.

Microsoft Excel 1 & 2 (Making Financials Easier)

Prerequisite: Basic Computers or equivalent knowledge.

Microsoft Excel is a spreadsheet program that will enable students to track & manage data, addresses, financials, and more.

Tuesdays, August 4 & 11; 6:00 to 8:00 p.m.

E-mail 1 & 2 Using Outlook Express

Prerequisite: Basic Computers and Searching the Internet

This class will provide hands on experience while you learn the basics of e-mail. The second class will provide time for review, explore setting up your address book, sending to multiple recipients, sending attachments, and more. This class will be taught using Outlook Express.

Tuesdays, August 18 & 25; 2:00 to 4:00 p.m.

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DID YOU KNOW?

The John J. Gerlach Center for Senior Health relies upon charitable gifts to support programs and services designed especially for older adults and their caregivers. If you're inspired to make a gift to senior health or would like more information please call Lynn Weita at 614-566-3733.