



WELCOME TO SCHOFIELD'S ADULT WELLNESS CENTER!

The Schofield Adult Wellness Center is an extension of Schofield's mission, which is to provide the highest level of care for the physical, psychological and spiritual needs of those we serve.

The Schofield Adult Wellness Center is located in the Schofield Residence Nursing Facility in the Town of Tonawanda.

Our goal is for participants to improve their overall health and well-being through increased knowledge.

Call today to register for one, or more, of our programs. More information on each program is also available by calling us at **995-3851**. You may also register online for most of our programs, at www.schofieldcare.org

Information and activities provided through the Schofield Adult Wellness Program cannot be taken as medical or other health advice pertaining to your specific health and medical condition. There may be risks associated with any form of exercise or significant changes in daily health habits. Please consult with your physician before starting any health changing program.

BEAT THE PACK!

Did you know that it takes the average smoker 8 to 10 attempts before they can quit smoking for good? Join us as we discuss the health benefits of quitting smoking and some tips and ideas for you to try – even if you have tried to quit smoking before. If you are an ex-smoker, feel free to join us and share your experience. You might help someone quit today! This seminar is provided by BlueCross BlueShield

**FEBRUARY 1
2:00 P.M.**

EFFECTS OF STROKE ON COMMUNICATION & SWALLOWING

A stroke is an event that may change our ability to complete everyday activities like walking, talking, eating or thinking. Join us along with a Speech-Language Pathologist for a seminar on how a stroke can affect our communication and swallowing abilities, and how speech therapy can help.

**FEBRUARY 8
1:00 P.M.**

VEGETARIANISM

Many people feel that following a vegetarian diet is the most healthy option. Unfortunately, in today's convenience culture it is just as easy to be an unhealthy vegetarian or vegan. Dr. Jennifer Williamson will discuss the benefits and pitfalls of the vegetarian diet so that you can get healthy in the new year! This class will discuss how to properly follow flexitarian, lacto-ovo vegetarian and vegan diets for greatest wellness. Recipes included.

HEARING LOSS & DIZZINESS: WHAT DO THEY HAVE IN COMMON?

Salvatore Gruttadauria, Doctor of Audiology, will help you to understand the causes of hearing loss and dizziness and how they relate to balance problems. Most importantly, learn how these problems can be helped. Dr. Gruttadauria will provide information on hearing aids, vestibular rehabilitation, and information on other hearing devices.

**FEBRUARY 15
7:00 P.M.**

**FEBRUARY 22
1:00 P.M.**

HEALING FOR WHOLENESS WITH REFLEXOLOGY

Reflexology is a healing art that requires the application of pressure on particular areas of the feet and hands to restore the flow of energy throughout the entire body. Come learn more about what Reflexology is, how it works, and what it can do for your health.

GET THE MOST FROM YOUR ZZZZ'S

Sleep is a basic necessity of life. So why do so many of us have trouble sleeping? Approximately 60 million Americans experience insomnia –the inability to sleep- each year. Join us as we discuss the basics of sleep and learn to identify “sleep stealers.” This seminar is brought to you by BlueCross BlueShield of Western New York.

HOME REMEDIES- THE KITCHEN AS MEDICINE CHEST

Rev. Tara Welty from Great Blue Heron Healing Arts will present simple and safe home remedies that can be found in everyone's kitchen.

**FEBRUARY 29
11:00 A.M.**

**MARCH 7
2:00 P.M.**

**MARCH 14
6:00 P.M.**

**FINANCIAL FITNESS:
MEDICAID ELIGIBILITY
AND LONG TERM CARE**

**MARCH
21
1:00 P.M.**

Come learn about the Medicaid eligibility rules for nursing home care and the application process from Darlene Maclay, President of Summit Health Care Solutions. Come to Schofield's Financial Fitness program and get the answers you need.

**IS YOGA RIGHT FOR
YOU?**

**TUESDAY,
MARCH
27
11:00
A.M.**

Wondering if yoga is right for you? This session will provide an overview of what yoga is, its origin, an explanation of gentle yoga and tell you the difference between exercising and practicing yoga. The instructor, Ramona Reinke from Serenity Yoga Studio, will end the class with a series of standing yoga poses.

**SCHOFIELD ADULT
WELLNESS CENTER
REGISTRATION**

Unless otherwise noted in the schedule, please call Schofield at **716-995-3851** to register for our upcoming programs. You may also **register online** for most of our programs at www.schofieldcare.org

You may register for more than one program when you call. Appointment times are set as calls are received.

We reserve the right to cancel any of these programs due to low registration. Please call early to avoid being disappointed.

We will contact you by phone before the program to confirm your reservation. If you make a reservation for a program and you cannot attend, please contact us to cancel.

ABOUT SCHOFIELD

In 1910, Dr. Jennie Schofield and a group of community volunteers founded the "Wheel Chair Home" as a not-for-profit home for the elderly in Western New York. Today Schofield continues to provide quality health care services in our nursing facility and community-based health care programs.

For over 100 years, Schofield's philosophy of excellence in care has been the cornerstone of our health-care programs:

- ◆ Schofield Residence Nursing Facility
- ◆ Schofield Adult Day Health Care Program
- ◆ Schofield Residence Long Term Home Health Care Program
- ◆ Schofield Home Health Care Services, Inc.

**SCHOFIELD ADULT
WELLNESS CENTER
LOCATED IN THE SCHOFIELD
RESIDENCE
3333 ELMWOOD AVENUE
KENMORE NY 14217**

(716) 995-3851

www.schofieldcare.org

**SCHOFIELD
ADULT
WELLNESS
CENTER**

*A COMMUNITY SUPPORT
PROGRAM FOR WELLNESS
SCREENING AND
EDUCATION*

**FEBRUARY &
MARCH 2012**



**SCHOFIELD ADULT
WELLNESS CENTER
3333 ELMWOOD AVENUE
KENMORE NY 14217**