WINTER 2023 ONLINE COURSES

NON CREDIT AND NON COMPETITIVE COURSES

SPONSORED BY SUNY NEW PALTZ
THE OFFICE OF GRADUATE AND EXTENDED LEARNING
ROAD SCHOLAR – LLI RESOURCE NETWORK
LLI IS A VOLUNTEER MEMBER-RUN ORGANIZATION

REGISTER BY
DEC 23
CLASSES FILL EARLY

Learning for the Fun of it
Fellow Members of LLI at SUNY New Paltz

LLI SUNY New Paltz is pleased to announce that we will bring in the New Year with a special Winter Session.

We again will be offering diverse courses via Zoom to keep your mind and body active. You may choose any or all five courses being offered.

We plan to return to some in-person classes in the Spring at SUNY New Paltz.

Please join us as we all try to keep warm and safe this Winter.

Your LLI Council.

Welcome to the Lifetime Learning Institute’s Winter 2023 Catalog. For this session ALL CLASSES WILL BE USING ZOOM. Connection links and information will be sent by email before each class. Once again classes will open on the hour and allow 15 minutes for participants to get signed on and chat with other members of the class. The Classroom host (CA) will call the class to order at 15 minutes past the hour. The class will run for the usual 75 minutes.

Registration is completed electronically using the link https://forms.gle/dTLkhTRp6Mdwi6AK8

Please register by Dec 3rd
You MUST have an individual email address. All classes are first come, first served.

IF YOU ARE A CURRENT MEMBER THERE IS NO ADDITIONAL CHARGE.
IF YOU ARE A NEW OR RETURNING MEMBER THE FEE IS $75.00.
THIS INCLUDES THE WINTER AND SPRING SESSIONS.
FOR NEW & FORMER MEMBERS REGISTRATION IS NOT COMPLETE UNTIL PAYMENT IS RECEIVED.
PLEASE MAKE YOUR CHECK PAYABLE TO CAS/LLI, (INCLUDE MEMBER NAME) AND SEND TO:
REGISTRAR   LIFETIME LEARNING INSTITUTE   PO BOX 275   NEW PALTZ, NY 12561

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**WEDNESDAY COURSES**

**DO YOU WANT TO DE-CLUTTER OR DOWNSIZE?**

**WEDNESDAY Jan 4, 11, 18, 25**

1:00 – 2:30

**PRESENTER:** Judy Reichler

Are you thinking about moving or downsizing? Or maybe you just want to declutter and have been putting it off. Don’t know what to do with old financial records? How to deal with things you “inherited” (from parents and/or children)? Unwanted gifts? Photos? Hobby supplies? Books? Things that need repairing?

Let’s work on this together. Compare circumstances. Explore our “issues.” We can’t solve the entire problem in only four weeks, but we can set our intention and develop our strategies. Starting small, we’ll help each other begin a process that will increase our peace of mind and create a more restful environment.

**Judy Reichler** is not an expert on decluttering or minimalization, although she recently downsized her living situation and has devoted considerable attention over the years to living with fewer belongings and less clutter. During this process, she has developed several strategies to share with you.

**THE GARDEN TEACHINGS OF OUR PLANCESTORS**

**WEDNESDAY Jan 4, 11, 25, Feb 1**

3:00 – 4:30

**PRESENTER:** Maria Caicedo

This course will cover several ways by which to remain connected to the plant world such as starting a simple herb garden, and/or preparing for the growing season by starting seeds indoors or collecting seeds. All while learning to observe, reflect on and enjoy the process of cohabitating with the natural world as well as exploring what this process can teach us about ourselves and the world around us.

Suggested readings will be provided prior to each session.

A bilingual childhood educator by training, **Maria Caicedo’s** interest in food, soil and plants grew as she taught in a variety of community settings and outdoor classrooms in NYC. Committed to reconnecting people to nature, Maria is always in search of opportunities to grow her love for the land and share it with others. She keeps a community garden plot near her home in Highland.
GIVING AND GENEROSITY

FRIDAY, Jan 6, 13, 20, 27
11:00 – 12:30

PRESENTER: Fred Mayo
During the month of December, many of us make decisions about gifts to family members, friends, and causes we support. Some of us continue the same practices year after year, and others take this time of year to consider what they want to do and can afford to do this year. No matter the reason or situation, gifting is a complex and fascinating aspect of how we live. As Suze Orman has written “True generosity is an offering; given freely and out of pure love. No strings attached. No expectations” and the Dalai Lama has said, “Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.”

In this course, we will talk about the process of gifting, the intention behind giving, different styles of generosity, ways of giving and types of generosity, and the impact giving has on the giver and the receiver. Come prepared to discuss these processes in your life as well as learn new ideas about generosity and giving.

A retired professor at NYU, Fred Mayo has taught many classes for LLI. Among them are Types of Tourism, Civility, Isolation, Rituals and Routines, Friendship and a series of Dr Manners and social behavior.

INTRODUCTION TO TAI CHI EASY

FRIDAY, Jan 6, 13, 20, 27
3:00 – 4:30

PRESENTER: Caroline Hopenwasser
Tai Chi Easy is a simple form of mind-body, selfcare designed to strengthen the body’s own healing forces. Come learn sequences of mindful movements, breathing practices, self-applied massage techniques and styles of meditation that can be easily implemented in everyday life.

Caroline Hopenwasser is a certified Easy Tai Chi practice leader, who trained with Dr. Roger Janke, director of the Institute of Integral Qigong and Tai Chi. She has been a professional educator for 25 years. Caroline enjoys practicing Tai Chi daily with her dog and three cats.

Aging is not lost youth but a new stage of opportunity and strength
HELPFUL RESOURCES FOR SENIORS
SPONSORED BY THE
ULSTER COUNTY OFFICE OF THE AGING
COORDINATORS: Susan Koppenhaver
Claire O’Brien

FRIDAY  Jan 6, 13, 20, 27
1:00 – 2:30

JAN 6: Susan Koppenhaver
General Overview of the Function of the Office of the Aging
Safety in the Home
An overview of the services and programs that are provided by the Ulster County Office of the Aging will be discussed.
An in depth discussion will be presented regarding preparation for aging at home, pitfalls and thinking ahead.

JAN 13: Maria Alvarez
The Impact of Medicare Fraud, Errors & Abuse from a Personal, Policy & Economic Standpoint
Examine the latest patterns of Medicare Fraud, Errors, and Abuse. How these patterns are affecting senior citizens. How to prevent, detect and report irregularities on your Medicare account.

JAN 20: Gail Myers
Ending Medical Debt
Medical debt has plagued many Americans, including those who are “fully” insured, underinsured and uninsured. This session will focus on ways to conquer medical debt, how to prevent medical debt, and systemic changes needed to assist health consumers who face medical debt. A particular focus will be on surprise billing, hospital facility fees and accessing hospital payment relief programs.

JAN 27: Eleanor Minsky
Medicare: What You Need to Know and How You Can Save Money
This class will cover:
The Medicare 101: the two main ways to obtain your Medicare coverage:
Original Medicare or a Medicare Advantage Plan
Medicare Savings Program: Eligibility to obtain help paying you Medicare premiums, including new expanded eligibility in 2023.
Extra Help: How to save money on prescription drugs.
Medicare Counseling: Individual counseling for your specific needs (HIICAP program)
EPIC: New York State program that helps with prescription drug costs.

Susan Koppenhaver is currently the Director of the Office of the Aging in Ulster County. She has an Extensive background in most aging services, including Home Care, Nursing Home Administration, Practice Management and Long Term Home Health Care programs.

Maria Alvarez is the Executive Director of NY StateWide Senior Action Council, a grassroots non-profit organization, that has been serving the community for 50 years. NY StateWide Senior Action Council is the federal grantee of the Senior Medicare Patrol program in NYS, which is dedicated to combatting Medicare Fraud.
StateWide has unbiased and certified counselors who assist clients throughout New York State through their 3 helplines – Health Care Fraud, Insurance & Patients’ Rights, and conducts advocacy through its membership which is largely distributed in 9 regional chapters throughout NYS – including Ulster County.

Gail Myers, Deputy Director, New York StateWide Senior Action Council and specializes in patient quality of care and helping people navigate the health care and reimbursement systems. She is a certified HIICAP (Health Insurance Information Counseling and Assistance Program) counselor & a certified Long Term Care Ombudsman. She has more than three decades experience working to improve health and human service programs, lobbying and training New Yorkers to attain skills to have productive legislative visits.

Eleanor Minsky is a Certified Medicare Counselor and has been the Medicare Outreach Counselor for the Ulster County Office of the Aging since 2014. Previously she was a practicing attorney for 35 years.

Do you have a skill, hobby, or interest you would like to share? Contact the Curriculum Committee for further information at 845-257-2892 or at lifetime@hawkmail.newpaltz.edu

You MUST have an individual email address

Dec 23rd is the suggested deadline for registration

If you are a new or returning member mail your check of $75 to LLI at PO Box 275 New Paltz, NY 12561

Membership fee includes the Winter and Spring sessions

The email from the Zoom Class Host will be your confirmation letter

REGISTER/JOIN
https://forms.gle/dTLkhTRp6Mdwi6AK8