



DIGNITY * WELLNESS * INDEPENDENCE

Ethos / AgeWell classes and workshops

are offered to seniors, the disabled, and their caregivers in seven Boston neighborhoods at no charge. They give participants the skills and confidence to manage their health, prevent or delay chronic conditions and live healthier, more active lives. Available in-person and virtually throughout the year.

Bingocize®

Bingocize® is an evidence-based 10-week program that combines a bingo-like game with exercise and health education. This new program is designed to increase the physical fitness, health knowledge, and social engagement of older adults, by combining exercise, health trivia, and Bingo. Improve your physical fitness, learn more about healthy eating and falls prevention and more...and just have fun! Bingocize® is offered for one hour 2 times per week for 10 weeks. For more information or to register contact Ann Glora at 617-477-6616 or aglor@ethocare.org

My Life, My Health: Chronic Disease Self-Management Program (CDSMP)

My Life, My Health is an informative, interactive workshop, designed for adults who live with the daily challenges of one or more ongoing health condition. It gives people with chronic conditions (such as high blood pressure, arthritis, heart disease, cancer, asthma, etc.) and/or their caregivers the knowledge and skills needed to take a more active role in their health care. Participants will learn different methods for managing pain, fatigue, and other symptoms, discover better nutrition / exercise choices, and find more productive ways to talk with healthcare professionals and family about their health. This workshop was developed by Dr. Kate Lorig and her colleagues at Stanford University's Patient Education Research Center. The book, *Living a Healthy Life with Chronic Conditions* is provided for each participant.

Workshop meets 1 day per week for 6 weeks; 2.5 hours each week.

Workplace My Life, My Health

Juggling work, health, and home can be challenging! The Stanford University Workplace Chronic Disease Self-Management Program is for anyone living and working with an on-going medical condition. Learn to balance work and home life, to eat well, control your pain, begin an exercise program, handle stress, increase your energy level, and more! The workshop is offered at no charge and the book, *Living a Healthy Life with Chronic Conditions* is provided for each participant. The workshop is designed to fit into your work schedule.

Workshop meets 2 days per week for 6 weeks; 1 hour each session.

Chronic Pain Self-Management Program

Chronic pain and discomfort limit activities adults may enjoy. This 6-week workshop teaches adults suffering from chronic pain simple techniques to better manage their pain, improve sleep, increase energy, eat healthier, and more. Classes are highly participative, where mutual support and successes build a participants' confidence in their ability to manage their health, and maintain active and fulfilling lives. Includes a mild, strength and flexibility exercise routine, the book, *Living a Healthy Lifestyle With Chronic Pain*, and exercise CD.

Workshop meets 1 day per week for 6 weeks; 2.5 hours each week.

Diabetes Self-Management Program

Adults living with diabetes will learn several techniques for monitoring their condition. Topics covered include: avoiding disease complications, healthy eating, exercise, medication, and dealing with stress. Menu planning is an important part of this workshop. A comprehensive manual, *Living a Healthy Life with Chronic Conditions*, is provided for each participant and caregivers are welcome to attend.

Workshop meets 1 day per week for 6 weeks; 2.5 hours each week.

Healthy Eating for Successful Living in Older Adults

The Healthy Eating for Successful Living® workshop is for people who want to learn more about nutrition. The program stresses 2 important topics for healthy aging - nutrition strategies for heart and bone health, and increased physical activity. Both are important in preventing or managing most chronic health conditions and helping to maintain or improve wellness and independence. A Healthy Eating Workbook is provided.

Participants set individual nutrition goals, are supported by a nutritionist, and learn a simple exercise routine.

Workshop meets 1 day per week for 6 weeks; 2.5 hours each week.

A Matter of Balance: Managing Concerns About Falls

Many older adults experience a fear of falling. People who develop this fear often limit their activities, resulting in physical weakness, and making the risk of falling even greater. A Matter of Balance, developed by MaineHealth, is a program designed to reduce the fear of falling among older adults through increased activity and an awareness of fall hazards. Sessions include fun videos, a participant workbook and simple exercises to improve balance, flexibility, and overall strength. Older adults using walkers or canes are welcome!

Workshop meets 1 day per week for 8 weeks; 2 hours each week.

UCLA Memory Training

This 4-week evidence-based program, designed by UCLA, is exercise for your brain so you can stay sharp! It is a fun, interactive, and innovative program that helps improve your memory. Participants learn effective memory-enhancing techniques using group discussion, memory checks, and skill-building exercises.

Workshop meets for 4 weeks 2 hours per week.

Savvy Caregiver Program

Savvy Caregiver is a training program for caregivers who care for someone with Alzheimer's or related Dementias. It assists family members (or friends) in their new role as caregiver, a role for which they may be unprepared. The program builds information and knowledge about the illness, helps to develop skills to manage daily life, and creates an outlet to share challenges and experiences with others. *Savvy Caregiver* helps to foster a different attitude towards caregiving, resulting in less stress and more contentment for all involved.

Workshop meets 1 day per week for 6 weeks; 2 hours each week.

Tai Chi for Healthy Aging

This evidence-based workshop focuses on preventing falls and improving balance through the regular practice of Tai Chi. Participants learn 8 single forms, derived from the traditional, well known, 24-form Yang Style Tai Chi. The forms are tailored to older adults who wish to improve balance and mobility, and consequently, reduce the risk of falling.

Workshops meet twice a week for 12 weeks; 1 hour each week.

Tai Chi Club

This 12-week program is for those who have taken the Tai Chi for Seniors workshop and would like to practice on a weekly basis with an instructor or experienced student.

The club meets for 1 or 2 days per week for 12 weeks; 1 hour each session.

Tai Ji Quan: Moving for Better Balance

Tai Ji Quan is an evidence-based physical activity program for older adults. This workshop promotes better balance and stronger muscles using elements of Yang style Tai Chi. Functional strength training, balance exercises and focused breathing are an essential part of this new program. *Tai Ji Quan: Moving for Better Balance* classes are offered at no charge.

Workshops meet twice a week for 12 – 24 weeks; 1 hour each session.

Technology Tutoring Program

Student volunteers from The Roxbury Latin School give seniors an introduction to computers or smart phones in their state-of-the-art computer lab. This program allows the senior to work one-on-one with a student to learn basic technology skills. If you are working on a laptop or tablet at home, you may bring that with you. If you would like to learn more about your smart phone, bring that too! Seniors with all levels of experience are welcome to participate in this program, from beginners on up! Technology Tutoring is offered at no charge.

*Long walk from parking to door and classroom.

Classes run 1 day per week for 6 weeks; 1 hour each week

IN-HOME PROGRAMS:

Healthy IDEAS

(Identifying Depression, Empowering Activities for Seniors)

Healthy IDEAS is an evidence-based program designed to detect and reduce signs of depression in older adults with chronic health conditions and functional limitations. Trained interns and staff provide weekly in-home and phone counseling sessions for up to twelve weeks during which clients are encouraged to manage their depressive symptoms by engaging in meaningful activities at home and in the community. Staff and clients discuss the areas of life that can be improved and work together to develop a plan of action.

Elder Mental Health Outreach Team (EMHOT)

The EMHOT program at Ethos provides: mental health counseling, information and referral for mental health community resources, and direct connections to additional support services (Home Care, Medicare counseling, etc.). EMHOT team members meet with potential clients either in our offices or in the community in a timely, flexible, consumer-focused manner and will work to initiate services and attend individuals' immediate needs, and then link them with other longer term supports.

In-Home Computer Training

Seniors with computers in their home or in a common area of their living facility can meet once a week for 6 weeks with a volunteer to learn computer basics, helping to stay connected to the outside world. Must be connected to the internet. Service not available in all Boston neighborhoods.

ALSO AVAILABLE:

Café Connections

Combine a nutritious lunch at one of 43 sites throughout the city with one of our informative and interactive workshops. Lunch and Workshop are offered at no charge and are available in several Boston neighborhoods. There is a suggested \$2.00 donation for the lunches. Ask for a current schedule. Days and times vary.

AgeWell Café

A hot lunch and a guest speaker are offered the third Tuesday of the month at the Spring Street Apartments, 23 Spring Street in West Roxbury from 12:00 to 2:00 p.m. Topics include information on health care, city services, age-friendly initiatives, scams, financial health, nutrition, and much more! There is a suggested \$2.00 donation for the lunches and anyone from any neighborhood can attend. Pre-registration is required.

Ethos / AgeWell Memory Cafe

A Memory Café is a social gathering where people with memory loss and their caregivers can come together in a safe, supportive environment. Guests can share conversation over a cup of coffee in a relaxed atmosphere that includes art or massage therapy, music, or other forms of entertainment and provides families who are living with Dementia or Alzheimer's a support group to lean on and resources to share. Cafés are held the second Tuesday of every month at the BCYF Roche Family Community Center, 1716 Centre St. in West Roxbury from 1:00 to 3:00 p.m. They are offered free of charge and anyone from any neighborhood can attend. Pre-registration is requested, but not required.

Social/Healthy Activities

- Conversations on Aging, informational forums
- Special Luncheons for holidays
- SeniorPalooza and the Senior Prom

*AgeWell programs are offered free of charge. Trained (and CORI'd) volunteers, interns, and staff teach our classes and provide in-home services. We are supported in kind through local businesses and organizations, city and state funding. ***Some programs may not be available in all neighborhoods.***

For more information, to receive a current schedule, or to put your name on a wait list, please contact Ann at 617-477-6616 or aglor@ethocare.org



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For additional information about senior services in Boston, please contact **Boston ElderINFO 617-292-6211**