

HEALTHLINK LITTAUER

Wellness Education & Resources for over **25** Years

**AUGUST
2017**

**ALL PROGRAMS ARE OPEN
TO THE GENERAL PUBLIC**

*Unless noted otherwise,
enrollment is required by
calling HealthLink Littauer
at 518-736-1120 or
email healthlink@nlh.org
to attend programs or
for more information.*

Topic	Date ~ Time	Place	Details
Celebrate World Breastfeeding Week!	8/2 6 – 8 p.m.	Littauer's Surgical Center Gloversville	1 session (Wednesday). Join us for a special event celebrated in over 120 countries! Healthcare experts agree breastfeeding is still the best way to feed babies. Welcome supporters and new or expectant mothers with families. Activities, raffles, refreshments and more! Meet Littauer's International Board Certified Lactation Consultant, Nancy Quinlan RN. FREE! No enrollment necessary
Alzheimer's... Managing Behaviors	8/3 1 – 2 p.m.	HealthLink Littauer Johnstown	1 session (Thursday). Overview of the common causes of some difficult behaviors associated with Alzheimer's disease. Get helpful tips and suggestions on the best ways to respond to someone affected by dementia. Meagan DeMento BA, Program Manager/Alzheimer's Association. FREE!
Chair Yoga	8/4 – 8/25 11 a.m. – 12 noon	HealthLink Littauer Johnstown	4 sessions (Fridays). Experience gentle, peaceful yoga with the support of a chair. For everyone...no matter what age you are, or what condition you are in, you can experience the health benefits from this easy form of yoga. Jeannie Moller RYT, Instructor. \$7 fee/week. You can attend 1 session or all 4
Gentle Yoga	8/7 – 8/28 5 – 6 p.m.	HealthLink Littauer Johnstown	4 sessions (Mondays). For anyone interested in relaxing, gentle yoga sessions. Benefits of the regular practice of yoga include improved strength and flexibility, and a positive effect on internal organs and systems. Jeannie Moller RYT, Instructor. \$7 fee/week. You can attend 1 session or all 4
NEW... Beyond Moms	8/9 6:30 – 8 p.m.	HealthLink Littauer Johnstown	1 session (Wednesday). Monthly support group meeting... For new mother's, their babies and loved ones. Focus on breastfeeding, parenting and a positive family experience. Led by staff of the Birthing Center At Littauer. FREE! No enrollment necessary
Better Breathers Club	8/10 1 – 2:30 p.m.	HealthLink Littauer Johnstown	1 session (Thursday). Monthly support group meeting... For anyone with a chronic breathing condition or lung disease. "Infection Control" presented by Melissa Bown NP, Littauer's Infection Control Services. FREE! No enrollment necessary
Alzheimer's Caregiver Group	8/10 4 – 5 p.m.	HealthLink Littauer Johnstown	1 session (Thursday). Monthly support group meeting... For family members or friends who care for a loved one with Alzheimer's or dementia. Led by staff of Nathan Littauer Hospital & Nursing Home. FREE! No enrollment necessary
Women With Heart Disease	8/22 3:30 – 4:30 p.m.	HealthLink Littauer Johnstown	1 session (Tuesday). Monthly support group meeting... For women with heart disease and their family members. Topic: "Benefits of Tai Chi" presented by Sheldon Howard, YMCA Fitness Director. FREE! No enrollment necessary
Vitality Plus: Annual Picnic!	8/23 11:30 a.m. – 1 p.m.	Littauer's Reflection Garden Gloversville	1 session (Wednesday). Especially For Adults 50+... Join fellow ViP members and our neighbors of the Nursing Home as we celebrate summer with a 'Hawaiian Luau' including a delicious picnic-style lunch in this beautiful, relaxing atmosphere! Lunch fee: \$5 ViP members, \$6 general public. RSVP by 8/21
Managing Stress: Humor & Play	8/23 1 – 2 or 6 – 7 p.m.	HealthLink Littauer Johnstown	1 session each (Wednesday). If life has you tied up in knots, take time out to relearn and re-experience the arts of humor & play. These are essential tools in managing life's stressors and keeping ourselves balanced and healthy! Carol Tomlinson RN BS, Littauer's Community Health Educator. FREE!

...Continued →

AUGUST SUPPORT GROUPS

- **Breastfeeding 8/2** Nathan Littauer 12:30 p.m.
- **Beyond Moms 8/9** HealthLink 6:30 p.m.
- **Better Breathers 8/10** HealthLink 1 p.m.
- **Alzheimer's 8/10** HealthLink 4 p.m.
- **Parkinson's 8/17** Mayfield Presbyterian 2 p.m.
- **Breastfeeding 8/21** HealthLink 7 p.m.
- **Heart Disease 8/22** HealthLink 3:30 p.m.
- **Diabetes 8/28** Nathan Littauer 10 a.m.
- **TOPS Wednesdays** Nathan Littauer 5:30 p.m.
- **For more details, visit nlh.org or call 518-736-1120**

WOMEN'S CANCER SCREENING

August 21st ~ 8:30 - 10 a.m. ~ Nathan Littauer

Free cancer screenings for women age 40-64 who do not have health insurance

Mammograms ~ Breast/Pelvic Exams ~ Pap Tests

Call NYS Cancer Services Program 518-841-3726

Thinking About Quitting?

Call 1-866-697-8487 or visit nysmokefree.com

New York State Smokers' Quitline

HealthLink Littauer's Twenty-First Annual Women's Wellness Conference



IMAGES OF A WOMAN

WEDNESDAY, AUGUST 9, 2017

Holiday Inn ~ Johnstown ❖ Two Sessions: 12-2:30 or 6-8:30 p.m.

FOR ALL WOMEN

Treat Yourself, Employee, Coworker, Friend, Relative, Loved One... To This Special Event

VENDORS ~ MASSAGES ~ REFLEXOLOGY ~ PHOTO BOOTH ~ RAFFLES ~ FUN!

Enjoy A Delicious Buffet-Style Meal Followed By A Keynote Presentation By

Dr. Arsy! De Jesus

Radiation Oncologist

New York Oncology Hematology

"Attitude Of Gratitude"

ONLY *\$35!

Payable by August 2nd

Register In Person At Our Office: Monday - Friday, 9 a.m. - 5 p.m.

Or By Mail: HealthLink Littauer, 2 Colonial Court, Johnstown, NY 12095

*Discount For Littauer Employees/Auxiliary/Volunteers/VIP Members = \$30

Littauer Announces New Community Education Assistant **Alicia DeRuscio, BS**



Nathan Littauer Hospital & Nursing Home welcomes HealthLink's new Community Education Assistant, Alicia DeRuscio! DeRuscio is well-known in the community for her coordination of charity events for a number of organizations including the National Cancer Society, Toys For Tots, and the Fulmont Community Action Agency. Her skills and enthusiasm for fitness, health and wellness will be a great asset to our team.

"Alicia has impressed me with her energy and creativity. HealthLink is a unique department. Frequently, other community education programs will ask me how we achieve our successes. I always reply, 'We have the right people in the right places - and mostly we enjoy the full

support from the Hospital's Administration. It is those folks who enable our success by thinking outside of the box,'" stated Tammy Merendo RN, Director of Healthlink.

"I am very excited to join the HealthLink team and assist with health and wellness initiatives throughout the community," said Alicia DeRuscio BS.

DeRuscio graduated from Utica College with a Bachelor of Science in Health Studies. While there, she was on the Dean's List and received the Merit Scholarship spanning her entire college career. Additionally, Alicia has worked in the fitness industry as a Zumba instructor both privately and at the YMCA. Her most recent accomplishment was to become a Certified Personal Trainer through the AFAA.

She has expressed a desire to continue in her education, noting, "My next goal is to complete my training in Zumba Gold, an exercise program similar to Zumba but targeted towards seniors."

Congratulations & Welcome!