

Encore!



Hult Center for Healthy Living is going green this year! The full newsletter covering all programs is available online at www.hulthealthy.org.

The *Encore* newsletter will be printed and mailed quarterly.

If you no longer wish to receive our printed newsletter or would like to help us go green by signing up for the email version instead, call us at 309-672-4926.

Happy Fall, Encore Members!

What a year it has been for Encore! We have seen so many additional programs, locations, and members throughout this year. I am very excited to see what is in store for Encore in 2019! As you will see on the calendar, there will be limited Encore programs the week of Thanksgiving, Christmas, and New Year's. My hope is that everyone can focus on time with family and friends during the holidays! The National Diabetes Prevention Program will be starting a group on October 1st in Pekin at the Miller Senior Center. Do you want to make modest lifestyle changes to improve your health and reduce your risk for chronic conditions? Then you want to be sure to check out this program! More information can be found on page 2 of the newsletter. We will also be holding our annual Fall Healthy Cooking Demonstration at HyVee at Sheridan Village on Tuesday, November 13th at 12:00 and 5:00 PM. More information can be found on page 6; registration is required. Please be sure to check out our Seniors on the Go programs, as we will be having a presentations on Fraud Prevention, Digestive Health, and Diabetes!

As a reminder, if you wish to "go green" and receive our newsletter electronically, please visit www.hulthealthy.org/newsletter to sign up for our quarterly electronic newsletter that will be emailed to you!

As always, please be sure to register for Encore events in advance by calling (309) 672-4926 or by going online to www.hulthealthy.org.

I hope to see many of you at the upcoming programs! We always welcome and encourage that you bring a friend or family member, as well!



All the best,

Nicki Bushman, MPH
Assistant Manager
nbushman@hulthealthy.org



You Can Prevent

Type 2 Diabetes

About PreventT2 Program

16 group sessions are held weekly during Phase One. Monthly sessions are held during Phase Two for the remainder of the calendar year.

● **Start Dates**

Monday, October 1, 2018
3:00-4:00 p.m.
Miller Senior Center
551 S. 14th St.
Pekin, IL 61554

● **Cost**

\$25.00 for the year-long program

Contact Us

Nicki Bushman
Phone: 309-672-4926
Email: nbushman@hulthealthy.org

A Matter of Balance Falls Management Program

What is it? An eight-week, evidence-based program to reduce fear of falling and increase activity levels

What will you learn?

- How to view falls and fear of falling as controllable
- Setting realistic goals to increase activity
- Changing your environment to reduce fall risk factors
- Exercises to increase strength and balance



Next Session Information:

Start Date: Wednesday,
January 9, 2019

Time: 2:00-4:00 PM

Location: Hult Center for Healthy
Living

Cost: \$10.00

Space is limited, so register early!

Encore!


To register, please call
309-672-4926

Please register in advance for all programs by calling *Encore!* at 309.672.4926.

October Events:

2nd: Peoria County Triad Safety Fair (9:00 AM-1:00 PM) Ito Hall (4909 W. Farmington Rd, Peoria)

The Peoria County TRIAD is hosting its Annual Senior Safety Fair! Speakers from the Peoria County Sheriff's Office, Peoria Police Department, Fall Prevention Services, and Ameren Illinois will discuss various topics on safety. This event includes a lunch at no cost for all attendees, door prizes and drawings, community resource organizations, flu shots (no cost with your Medicare Part B card), and blood glucose/cholesterol screenings (fasting required). Have any expired medications? Bring them to this event to the medication safety drop box!

4th: Sunshine Café: Spirituality (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Join the pastor from Dayspring Church, a church that is based on Native American and traditional Christian principles. She will talk about Spirituality in the everyday world.

9th & 10th: AARP Smart Driver Course (8:30 AM-12:30 PM) UnityPoint Health at N. Allen-Conference Room C (2338 W. Van Winkle Way, Peoria)

The AARP Smart Driver Course is the nation's largest classroom driver safety course and is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. Please, bring your AARP membership card, Driver's License, and a pen. Must attend full session on both days to qualify for Insurance Discount.

16th: Incontinence: NOT Part of Normal Aging (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

It is a common misconception that urinary leakage is part of normal aging. Even though it is common, it is NOT normal. Join Janet Forinash, PT, DPT, WCS, CL, Lead Physical Therapist at UnityPoint Health-Proctor Outpatient Therapy, as she discusses common types of urinary leakage and exercises to reduce the occurrence.

17th: Seniors on the Go: Fraud Prevention (10:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

The Peoria County Sheriff's Office will explain how to protect yourself against identity theft and how to avoid falling victim to common scams. She will explain how to recognize, avoid, and escape abusive behaviors, as well as how to protect yourself and your property from residential burglary. The Wellmobile will be available

from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

18th: Sunshine Café: Keeping Fit at Home (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

You don't have to join a gym to be physically fit or spend thousands of dollars on home exercise equipment, which turn into clothes hangers. Join us as Physical Therapy Services outlines simple ways to maintain fitness at home.

23rd: We Need to Talk (5:00-6:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

How do you know when it's time for your loved one to limit or stop driving? The *We Need to Talk* seminar provides tools and information to adult children, caregivers, and friends who want to discuss limiting or stopping driving, with an older adult. The speaker leads a presentation, facilitates discussions and provides resources to participants who attend the seminar.

24th: Preventing Falls: What Can You Do? (11:30 AM-1:00 PM) Heartis Village (8201 N. IL Route 91, Peoria)

Falls are the leading cause of both fatal and non-fatal injuries for seniors, and the reason for more than 3 million visits to the emergency department per year. Join Encore for a discussion on living a falls-free lifestyle and demonstration of exercises you can do to help prevent falls.

25th: Writer Within (1:30-3:00 PM) UnityPoint Health at N. Allen-Conference Room A (2338 W. Van Winkle Way, Peoria)

This is the perfect group to write your story that you have lived in memoir form and to pass on to family members and friends, today and "tomorrow". There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

26th: Senior Care Network's Spooktacular! (1:00-4:00 PM) Morton Knights of Columbus Hall (616 W. David Street, Morton)

Join us for an afternoon full of old-fashioned fun fall events! The afternoon will include entertainment by Nut & Honey and the Central Illinois Banjo Club. Don't miss out on refreshments, door prizes, a cake walk, and ice cream sundaes!



Please register in advance for all programs by calling *Encore!* at 309.672.4926.

30th: Senior Self-Defense: Part 1 (1:00-3:00 PM)
Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Nancee Brown from the Center for Prevention of Abuse will give an overview of senior self-defense tactics and advice for keeping yourself safe.

November Events

1st: Sunshine Café: Eating through the Holidays (10:00-11:30 AM) Fondulac Park District Administration Building (201 Veterans Drive, East Peoria)

Eating through the holidays can be difficult with traveling, sweets, and disrupted routine. Join Grace Hensold, Registered Dietitian at the Hult Center, as she discusses how you can still stay on track during the holidays.

6th: Senior Self-Defense: Part 2 (1:00-3:00 PM)
Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Nancee Brown from the Center for Prevention of Abuse is back to provide a hands-on class of senior self-defense tactics. Please, wear comfortable clothing and shoes for this event, as you will be practicing these techniques. It is highly encouraged that you participate in the Senior Self Defense: Part 1 class before attending.

6th: Beginner iPhone & iPad (5:00-7:00 PM)
Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

Join us for a very popular introductory class on using your Apple-based iPhone or iPad. This class has limited space and fills quickly, so please register early AND bring your Apple-based iPhone or iPad!

9th: Eating Right with Encore: The Facts on Fat (1:00-2:30 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

We do need some fat in our diet but do you know why, how much, and what kind? Not all fats are the same! Join Colleen Hamilton, as she educates on which fats to limit and which ones promote health.

12th: Healthy Living as You Age (1:00-1:30 PM)
Liberty Village of Peoria (6900 North Stalworth Drive, Peoria)

This program will discuss proper nutrition, physical activity recommendations, importance of sleep, and stress management techniques to help you live a happier, healthier life.

14th: Annual Diabetes Education Day (7:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Avenue, Peoria)

UnityPoint Health Endocrinology, Diabetes and Metabolism is hosting its annual Diabetes Education Day. This year the event is in conjunction with World Diabetes Day and will include a variety of speakers, a food demonstration, vendors, and will conclude with a short walk. **To register please call 309-672-4565 and press 1 to reach our staff to assist you with scheduling for the event.**

15th: Sunshine Café: Winter Preparedness (10:00-11:30 AM) Fondulac Park District (201 Veterans Drive, East Peoria)

As we get closer to winter, it's especially important to know how we can prepare ourselves for a cold Midwest winter. Chief Mike Johnson of Fondulac Park District will provide tips on how to stay safe during the winter months!

16th: Senior Film Event: The Graduate (10:00 AM-12:00 PM) Peoria Riverfront Museum (222 SW Washington Street, Peoria)

Where have you gone, Joe Dimaggio? OLLI, AARP, the Encore program at the Hult Center for Healthy Living, Senior Care Network, and the Fondulac Park District will present a special screening of The Graduate, starring Dustin Hoffman, Anne Bancroft and Katherine Ross and featuring the timeless Simon and Garfunkel soundtrack. Complimentary popcorn and soda will be provided by AARP. Join us in viewing this romantic comedy-drama on the Riverfront Museum's Giant Screen! \$5.00 admission includes moderated discussion, film screening, popcorn, and soda. Must register in advance by contacting OLLI at 309-677-3900. Free parking is available in the deck accessible from Water Street.

28th: Seniors on the Go: Digestive and Colon Health (10:30 AM-12:00 PM) Hult Center for Healthy Living (5215 N. Knoxville Ave, Peoria)

Come join Dr. Justin Fischer of Peoria Surgical Group in a discussion on the different ways aging can impact your digestive system. He will also cover the importance of colonoscopies. The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 AM and is followed with a lunch. Participants must register in advance.

**27th: Chair Yoga (1:00-2:30 PM)
Hult Center for Healthy Living (5215 N. Knoxville Ave,
Peoria)**

A class blending mindful movement and attention to breath for increased mobility and stress relief. Designed for anyone who finds it difficult to get up and down from the ground; desk workers interested in incorporating yoga movements into their day; individuals using wheelchairs, or who have lower body injuries who still want to experience the benefits of yoga.

**28th: Writer Within (1:30-3:00 PM) UnityPoint Health
at N. Allen-Conference Room A (2338 W. Van Winkle
Way, Peoria)**

This is the perfect group to write your story that you have lived in memoir form and to pass on to family members and friends, today and “tomorrow”. There are no prerequisites except for the need to get our stories on paper and knowing there is a group we can share them with.

**29th: Advanced iPhone & iPad (5:00-7:00 PM)
UnityPoint Health at N. Allen-Conference Room C (2338
W. Van Winkle Way, Peoria)**

Join AARP for a more in-depth class on your iPhone. It is recommended that you take “Beginning iPhone & iPad” before this course. This class has limited space and fills quickly, so please register early! Please register for this event by calling AARP at 1-877-926-8300.

December Events

**4th & 5th: AARP Smart Driver Course (8:30 AM-12:30
PM) UnityPoint Health at N. Allen-Conference Room C
(2338 W. Van Winkle Way, Peoria)**

The AARP Smart Driver Course is the nation’s largest classroom driver safety course and is designed especially for drivers age 50 and older. Cost is \$15.00 for AARP members and \$20.00 for non-members. Please, bring your AARP membership card, Driver’s License, and a pen. Must attend full session on both days to qualify for Insurance Discount.

**6th: Sunshine Café: Catching Zzz’s: The Importance
of Sleep (10:00-11:30 AM) Fondulac Park District
Administration Building (201 Veterans Drive, East
Peoria)**

Sleep is often one of the most overlooked aspects of our well-being, unless you’re one of the 164 million Americans who has trouble sleeping at night. In that case, you’re probably a little *too* aware of just how great of an effect sleep has on our health. Join us for a

discussion on the importance of sleep and what we can do to stop counting sheep and simply count on feeling a little better.

**11th: Digital Photography & Your iPhone/iPad (1:00-
3:00 PM) UnityPoint Health at N. Allen-Conference
Room C (2338 W. Van Winkle Way, Peoria)**

AARP has identified all the skills you need to take great photos, organize and protect your images, tell powerful visual stories, and safely share your images with family and friends through your iPhone and iPad. Please register for this event by calling AARP at 1-877-926-8300.

**12th: Taming the Legal Lions (1:00-2:30 PM)
UnityPoint Health at N. Allen-Conference Room C (2338
W. Van Winkle Way, Peoria)**

Tim Kirk is back to help us navigate the winding path of elder law. Find out the difference between Wills, Trusts, Power of Attorney, and much more. Tim explains things in a clear and simple way that is easy to understand. Learn which option is best of you and how to go about getting it done!

**19th: Seniors on the Go: Type 2 Diabetes: What You
Need to Know (10:30 AM-12:00 PM) Hult Center for
Healthy Living (5215 N. Knoxville Avenue, Peoria)**

Join Holly Miller, Certified Diabetes Educator, as she explains everything you need to know about type 2 diabetes, including symptoms, risk factors, management, and more! The Wellmobile will be available from 8:00-10:30 AM for screenings at no charge! Screenings include blood glucose, cholesterol, and blood pressure. Fasting is required for these screenings. The presentation begins at 10:30 and is followed with a lunch. Participants must register in advance.

**20th: Know the 10 Signs: Early Detection Matters
(10:00-11:30 AM) Fondulac Park District Administration
Building (201 Veterans Drive, East Peoria)**

The warning signs of Alzheimer’s disease are often dismissed as normal age-related memory changes. The Alzheimer’s Association will separate myth from reality and address commonly held misconceptions about Alzheimer’s disease, as well as why early detection matters.



Cancer Prevention Cooking Demonstration

Tuesday, November 13, 2018

12 p.m. & 5 p.m.

HyVee - Sheridan Village

Presented by the OSF Dietetic Interns
and
Hult Center for Healthy Living Oncology Support Programs

Seating is limited for this no cost event.
Please RSVP to 309-692-6650.



Oncology Support Programs and Services

Nutritional Services are provided by our Registered Dietitians who work one-on-one with patients and their oncology team to develop a nutrition plan that supports healing and helps improve quality of life during cancer treatments and beyond. They also provide healthy cooking demonstrations, nutrition presentations, and a breast cancer survivors' weight management program. To make an appointment or for details, contact Grace at 309-243-3464 or ghensold@hulthealthy.org or Jeanna at 309-243-6462 or jrich@hulthealthy.org.



Counseling Services for individuals with a cancer diagnosis, families, and caregivers. Our licensed counselor conducts individual counseling, educational presentations, therapeutic support groups, and palliative care clinics. To make an appointment or for more information, contact Kitty at 309-243-3461 or kbienemann@hulthealthy.org.



Therapeutic Services

- Individual Healing Touch Session-By appointment only on the 2nd Thursday of each month at 8:30 AM and 9:15 AM. Please call 309-692-6650 to schedule your appointment.
- Massage Therapy- By appointment only. Massages are \$35 per hour for those in "active" treatment and \$45 per hour for those not in active treatment and caregivers. Our experienced team of massage therapists have all received specialized training in oncology massage to deliver safe, comfort-oriented massages to all affected by cancer and its treatments. Please call 309-692-6650 to schedule your appointment.
- Reflexology- By appointment only on the 3rd Thursday of each month at 8:30 AM and 9:15 AM. Call 309-692-6650 to schedule an appointment.

Healthy Living Classes

- Aerobics- Gentle Exercise with low impact. All Levels welcome. (Methodist Wellness Center)
- Tai Ji for Life for Beginners- Ancient art of meditative movement. (Hult Center)
- Tai Ji for Life of Learning- An advanced level of the art form with more in-depth understanding and practice. (Hult Center)
- Breath of Joy Yoga- A registered yoga teacher, Marcy brings her experience as a cancer survivor to the class. (Hult Center)
- Yoga with Jean- All levels welcome. (Hult Center)
- Living Strong- Strength training class. All levels welcome. (Methodist Wellness Center)
- Restorative Yoga- Gently open body, heart and mind with breath and movement in this yoga class. Beginner friendly. (Hult Center)
- Mindfulness Meditation- Every Tuesday at 5:15 PM. A very simple form of meditation, so you don't need any previous experience. (Hult Center)



Hult Center for Healthy Living
5215 N. Knoxville Avenue
Peoria, IL 61614
(309) 692-6650
www.hulthealthy.org



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Help Us Go Green!



Stay in-the-loop and help us go green at the same time by opting out of our printed newsletter for the email version.

You will receive an e-version of our quarterly newsletter, as well as other events and news updates throughout the year!

Call us at 309-672-4926.

THANK YOU!

A very special thank you to our current *Encore* and *Seniors on the Go* sponsors for their generous support!

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