

**MOUNT SINAI
ADULT EDUCATION**



Spring 2019

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MOUNT SINAI ADULT EDUCATION

Director's Message:

I hope you will enjoy taking one or more classes offered in our Adult Education Program. Our success is due to your participation and the feedback you give regarding the programs offered. If you have any suggestions for a future program, please contact my office with your suggestions at 631-870-2632.

Sincerely,

Elizabeth E. Hine
Director of Adult Education

Board of Education

Mr. Robert Sweeney, *President*
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Superintendent of Schools: Mr. Gordon Brosdal

COURSE INDEX

Monday	Tuesday	Wednesday	Thursday
Basic Life Support	Activities for Loved Ones with Alzheimer's Disease	ABCD's of Medicare	Alkaline Diet
Book Group Talk	Chair Yoga	Adult/Child CPR/AED	Defensive Driving A/B
CW Line Dancing	Irish Soda Bread and Shepherd's Pie Cupcakes	Elder Law and Guardianships	Disease and Chronic Pain Busted
Intro to Macramé	Knitting for Beginners II	Life Insurance in Retirement Planning	How to Prevent and Control Type II Diabetes
Opiate Overdose Prev.	Lose Weight and Feel Younger	Learn to Play Bridge	Men's Basketball
Woven Cuff	Natural Solutions for Migraines	Volleyball	Natural Solutions to Sleep Problems
Woven Necklace	Springtime Cupcakes	Zumba Gold	Navigating Through Medicare
	Tea Time		Paint Night
			Stop the Bleed
			Tai Chi A
Saturday			
		Tai Chi B	

School and Room

Please note that we have used the following abbreviations for each school:

- HS = High School • MS = Middle School • ES = Elementary School

ADULT, CHILD & INFANT CPR/AED

Class Begins: Wednesday, May 1st at 6:30PM

(1 session)

Fee: \$60

Instructor: Melissa McManaman

HS Cafeteria

This course is perfect for anyone with families and friends as it teaches what to do in the event someone is choking, not breathing or whose heart has stopped altogether. We show you how to properly administer chest compressions, mouth-to-mouth and mouth-to-mask breathing, how to use an **AED**, and maneuvers to relieve choking for all ages. ***This class is endorsed by either the American Heart Association or the National Safety Council. Cost includes certification card and manual.*** ******Sorry, No Senior Discount******

OPIATE OVERDOSE PREVENTION

Class Begins: Monday, April 29th at 7:00PM

(1 session)

Fee: \$0

Instructor: Melissa McManaman

HS Auditorium

Too many lives have been lost to overdoses of opiates such as heroin and pain pills. This one-hour-long class will review how and why overdoses occur, and how the life-saving medication Narcan (naloxone) can prevent an overdose. Every participant over the age of 18 will also receive an overdose prevention kit that contains two doses of Narcan, at no charge. The class will be followed by an optional 30 minute hands-on CPR session

INTRODUCTION TO TAI CHI

A Class Begins: Thursday, March 7th at 7:00PM (8 sessions)

B Class Begins: Saturday, March 9th at 9:00AM (8 sessions)

Instructor: Ms. Annette Bothos

Fee: \$65

ES Gym

Fee: \$65

ES Gym

Learn the ancient art of Tai Chi through slow, controlled movements. Gain coordination, focus, concentration, power and balance. It's a fun, challenge, while learning how to relax. Wear loose, comfortable clothing and sneakers.

BASIC LIFE SUPPORT (CPR/AED) for HEALTHCARE PROVIDER Instructor: **Melissa McManaman**
Class Begins: Monday, May 6th at 6:00PM **HS Cafeteria**
(1 session) **Fee: \$70**

This course is intended for **healthcare providers and professionals** who are expected to perform CPR as part of their everyday job. Students taking this course will learn how to properly administer chest compressions, mouth - to - mouth and mouth - to - mask breathing, how to use an AED, and maneuvers to relieve choking for all ages. We will also include additional assessment techniques, the use of a bag-valve-mask (BVM) for respirations and supplemental oxygen. You will be expected to pass a written exam. ***This class is endorsed by the American Heart Association.*** **Cost includes certification card and manual. ***Sorry, No Senior Discount*****

ELDER LAW AND GUARDIANSHIPS Instr. **Brandow Law Group**
Class Begins: Wednesday, April 10th at 7:00PM **HS Rm 107**
(1 session) **Fee: \$20**

Participants will be able to understand the factors that influence choices for both elder care and guardianships for loved ones with disabilities or for those who cannot make day to day decisions. To plan accordingly, income from social security, pensions and investments, the nature and value of assets, age, health, and family situations must be evaluated in the decision process. Differences of a Power of Attorney, Guardianship, and Health Care Proxy will be discussed as well as overall estate planning.

BOOK GROUP AND TALK Instructor: **Morgan O'Reilly, Librarian**
Class Begins: Monday, March 4th at 7:00PM **HS Library**
(6 sessions) **Fee: \$20**

Join in a shared reading and book talk about the memoir, [Educated: A Memoir](#) by Tara Westover. Students are to bring a copy of the book to the first session and read the first eight chapter (half of Part 1) prior to initial meeting.

STOP THE BLEED**Class Begins: Thursday, April 11th at 7:00PM****(1 Session)****Fee: \$10****Instructor: Mr. Colby Rowe, MS, EMTP, CIC****HS Library**

B-Con is a movement to train the general public in the recognition and immediate treatment of life-threatening bleeding after the 2012 shootings at Sandy Hook Elementary School in Connecticut. In the wake of that tragedy, courses were developed through federal and local government initiatives that were designed to teach laypeople to bridge the gap from time of injury to arrival of professional first responders. This course trains participants (initial responders) to recognize and treat life-threatening bleeding, through the use of tourniquets and hemostatic gauze.

**ACTIVITIES TO ENGAGE A LOVED ONE
WITH ALZHEIMER'S DISEASE****Class Begins: Tuesday, April 2nd at 7:00PM****(2 sessions)****Fee: \$10 (free for senior citizens)****Instructors:****Liz Fiordalisi, M.S. Gerontology Services Admin.****Elizabeth LeDonne, M.A. Health Care Management****HS Rm 107**

Are you caring for someone with memory issues or isolation? Do you need help finding enriching and meaningful activities to fill their day? This course will provide you with the essential tools you need to provide cognitive and physical stimulation. You will learn techniques to alleviate boredom, depression and anxiety. Session 1 will focus on cognitive and musical activities and games. Session 2 will focus on physical and sensory activities and local accessible places to visit.

LIFE INSURANCE IN RETIREMENT PLANNING

Class Begins: Wednesday, April 10th at 7:00PM
(1 session)

Fee: \$10 (free for Senior Citizens)

Instructor: Mr. Dominick Scarfogliero
HS Rm 105

This 90 minute seminar will explore the key financial concerns for many people considering retirement...financial vulnerability, living too long, and rising taxes. Life insurance can be an essential part of your retirement strategy to address such as: Who will pay the bills if you die unexpectedly? Is it possible to outlive your money? How can I reduce the amount of income taxes you will pay in retirement?

PAINT NIGHT – ACRYLICS

Class Begins: Thursday, March 21st at 7:00PM
(4 sessions)

Fee: \$60

Instructor: Megan Stankiewicz
MS Art Rm 134

Learn artistic techniques combined with self-expression, as you tap into your creativity. This 4-week class will explore the world of acrylic paint, as you will complete a still life, all while learning the fundamentals and techniques of painting. Students are required to bring the following materials to the class: Canvas (size of your choice), artist brushes (assorted sizes), acrylic paint set, paint pallet, and pencil.

LEARN TO PLAY BRIDGE

Class Begins: Wednesday, April 3rd at 7:30PM
(6 sessions)

Fee: \$65

Instructor: Mr. Arnie Fisher
HS Library

This exciting course is designed for people who have little or no knowledge of how to play bridge. You will learn the basics of bidding and how to play bridge hands. *Modern Bidding in the 21st Century* is the book that will be used. There will be a \$20 materials fee paid to the instructor at the first class.

COUNTRY WESTERN LINE DANCING**Class Begins: Monday, February 25th at 7:00PM
(7 sessions) Fee: \$50****Instructor: M. Skiba (Skip) "Country Rhythms"
MS Cafeteria**

Country Western dancing is a great way to exercise, have fun and meet new friends at the same time! Whether you are a beginner or already have dance experience, you will learn the basic steps, and the more advanced dancers can brush up on their dance techniques and skills. All levels welcome! Partners not needed. Come join us to learn all the popular dances to a variety of music styles, including the classic "oldies" and the "current" dances being done on the country western scene. Dances will be reviewed weekly. By the end of the course, even the beginners will feel confident that they have mastered some basics. Boots or shoes with leather soles recommended.

VOLLEYBALL**Class Begins: Wednesday, March 6th at 8:00PM
(8 Sessions) Fee: \$45****Instructor: Ms. Barbara Simon-Takach
ES Front and Back Gyms**

Volleyball is a lifetime activity for anybody at any age. This course will focus on basic rules, skills and drills that lead up to fun play. Come learn how to serve, score, rotate, setup, and block in a social recreational environment. Join alone or with a friend. Wear gym clothes and sneakers, and be prepared to have fun!

MEN'S BASKETBALL**Class Begins: Thursday, February 28th at 7:30PM
(8 sessions) Fee: \$40****Instructor: Mr. Jim Judson
MS Old Gym**

Come join our group of shooters! Practice your skills and workout while playing the game. The emphasis of this class is to have a good time so bring a friend or come prepared to make one. Dress appropriately with comfortable clothing and sneakers. **Limited to 20 students. ***Sorry, No Senior Discount*****

CHAIR YOGA**Class Begins: Tuesday, March 19th at 5:30PM
(8 sessions) Fee: \$80****Instructor: Ms. Janet Metcalf**
Kripalu Certified Yoga Instructor
HS Cafeteria

Come and join us for an hour of exploring and experiencing the many benefits of yoga. Would you like to sleep better? Reduce stress? Acquire more flexibility leading to ease of movement? Invest this hour in your well-being. All levels welcome. Please bring a yoga mat, towel and water. Dress comfortably for this class.

ZUMBA GOLD®**Class Begins: Wednesday, March 6th at 5:00PM
(6 sessions) Fee: \$50****Instructor: Teresa Makowski**
MS Cafeteria

Zumba Gold® uses international music to get you grooving at your own pace. Zumba Gold® is low-impact and easy on the joints. This easy-to-follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and, most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves, but this is not your grandma's fitness class! It is for active older adults, people who have been inactive, recovering from an illness or injury, pregnant—anyone who is looking to get into a fitness routine at a modified pace, with their doctor's permission of course.

NAVIGATING THROUGH MEDICARE**Class Begins: Thursday, April 11th at 6:30PM
(1 session) Fee: \$10 (free for Senior Citizens)****Instructor: Patricia Semryck**
HS Rm 303

“WHAT IS THE BEST TYPE OF PLAN FOR ME?”LEARN THE DIFFERENCES BETWEEN PARTS A, B, C, AND D. WHAT IS MEDIGAP? PREPARE, COMPARE, AND DECIDE. Join Patricia Semryck, Independent Sales Representative for an educational seminar that can help you answer those questions & more.

DEFENSIVE DRIVING COURSE

Instructor: Mr. Joseph Russo

Class A Begins: Thursday, March 14th at 6:00PM - 9:00PM

HS Library

Class A Ends: Thursday, March 21st at 6:00PM – 9:00PM

Class B Begins: Thursday, May 16th at 6:00PM - 9:00PM

HS Library

Class B Ends: Thursday, May 23rd at 6:00PM – 9:00PM

(2 sessions) Must attend both sessions Fee: \$40 *****Sorry, No Senior Discount*****

ATTENTION: NEW YORK DRIVERS EMPIRE SAFETY COUNCIL DEFENSIVE DRIVING COURSE in conjunction with Turning Point Driving School

REDUCE YOUR AUTO INSURANCE

A 10% discount on COLLISION premiums for three (3) years.

A 10% discount on LIABILITY premiums for three (3) years.

Your three year discount will apply to premiums for all vehicles for which you are listed as the principal operator, automobiles, trucks, recreational vehicles and motorcycles.

REDUCE YOUR VIOLATION POINTS

Four (4) points will automatically be deducted from the total on your driver record if you have incurred violations.

The point reduction could help you avoid a license suspension! Points which are reduced remain on record but are NOT counted by the DMV in determining administrative actions against your license.

SHARPEN YOUR DRIVING SKILLS

WHO IS ELIGIBLE

All New York State licensed drivers (also NYS Permit holders) including ASSIGNED RISKS will receive a reduction in liability base rate **regardless** of driver record.

ALKALINE DIET – The Key to Longevity & Fighting Chronic Disease Instr: Dr. Brian S. Yonks
Class Begins: Thursday, April 18th at 7:00PM HS Rm 105
(1 session) Fee: \$10 (free for Senior Citizens)

There are all types of diets out there – some good, some bad---but there is perhaps no diet better for longevity and staying off disease than an alkaline diet. A 2012 review in the *Journal of Environmental Health* found that balancing your body's PH through an alkaline diet can be helpful in reducing morbidity and mortality from numerous chronic diseases. At this workshop, you will learn what foods will improve your health and get recipes that you can use immediately.

LOSE WEIGHT, LOOK and FEEL YOUNGER for the NEW YEAR Instructor: Dr. Brian S. Yonks
Class Begins: Tuesday, February 26th at 7:00PM HS Rm 105
(1 session) Fee: \$10 (free for Senior Citizens)

The goal of this workshop is for participants to take control of their weight, health and well-being. This workshop will educate the audience about how the body and metabolism work. Participants will learn how and what type of exercise us best for weight loss, how to start a weight loss program or overcome a plateaus, how the right types of food and exercise will turn back the clock, how eating the right or wrong types of food affects aging, and how water and medication play a role in their health.

SLEEP PROBLEMS: *Natural Solutions to Better Sleep* Instructor: Dr. Brian S. Yonks
Class Begins: Thursday, May 2nd at 7:00PM HS Rm 105
(1 session) Fee: \$10 (free for Senior Citizens)

Can't sleep? Do you have trouble falling asleep and staying asleep? At least 40 million Americans each year suffer from chronic, long term sleep disorders, and an additional 20 million experience occasional sleeping problems. These disorders and the resulting sleep deprivation interfere with work, driving and social activities. They also account for an estimated \$16 billion in medical costs and lost productivity. Learn about the different sleep disorders and their causes. Preventive measures and natural approaches to restful sleep will be explained.

DISEASE, CHRONIC PAIN & INFLAMMATION BUSTED

Instructor: Dr. Brian S. Yonks

Class Begins: Thursday, May 16th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

Inflammation has been linked to heart disease, cancer, thyroid issues, arthritis and many other disease processes. Certain foods can ease aches by fighting inflammation, blocking pain signals, and even healing underlying diseases. Come see how eating might be causing you pain. We will explore fruit, vegetables, and herbs together as ways to alleviate your pain by making simple changes to your diet and lifestyle.

NATURAL SOLUTIONS TO HEADACHE and MIGRAINE PAIN

Instructor: Dr. Brian S. Yonks

Class Begins: Tuesday, March 19th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

Headaches are the number one health complaint in the United States; surpassing even the common cold. Participants will learn about the different types of headaches and migraines and learn about their triggers and natural solution. Lifestyle changes than can help cure or relieve pain, Do's and Don'ts of preventing headache pain and effective stress reduction techniques will also be discussed

HOW TO PREVENT, CONTROL, or ELIMINATE TYPE II DIABETES & METABOLIC SYNDROME

Instructor: Dr. Brian S. Yonks

Class Begins: Thursday, March 28th at 7:00PM

HS Rm 105

(1 session)

Fee: \$10 (free for Senior Citizens)

People with diabetes are at increased risk...two time more likely...for developing Type II Diabetes and for heart disease and stroke. If you have Diabetes, your risk of heart attack is the same as someone who has already had a heart attack. Diabetes is the sixth leading cause of death in the U.S. Metabolic Syndrome affects 7 million adults in the U.S. We will discuss how to alter your lifestyle, diet, and exercise program to control your blood sugar, insulin levels, and weight. Together, we can reduce the incidence of Type II Diabetes and Metabolic Syndrome in this country.

TEA TIME

Class Begins: Tuesday, May 14th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

In this two hour workshop, learn how to make scones, assorted finger sandwiches and clotted cream. Take home containers and recipes provided. Additional supply fee of \$20 to be collected on the night of class.

IRISH SODA BREAD AND SHEPHERD'S PIE CUPCAKES

Class Begins: Tuesday, March 12th at 7:00PM
(1 session)

Instructor: The Baking Coach Staff
HS Rm 201

Join us for a two hour workshop to learn how to make a classic Irish Soda Bread and create savory individual Shepherd's Pies. Take home in containers ready for the oven. Additional supply fee of \$20 to be collected on the night of class.

SPRINGTIME CUPCAKES

Class Begins: Tuesday, April 9th at 7:00PM
(1 session) Fee: \$20

Instructor: The Baking Coach Staff
HS Rm 201

Join us for a two hour workshop and learn how to transform cupcakes into works of floral art. You will learn how to make and use homemade buttercream icing and fondant. At the end of the evening, each person will take home bouquet of fully decorated cupcakes in a bakery box. Additional supply fee of \$20 to be collected on the night of class.

THE WOVEN CUFF

Class Begins: Monday, March 4th at 6:30PM
(1 session) Fee: \$25

Instructor: Ms. Justine Moody
HS Rm 107

In this workshop, students will complete a one of a kind woven cuff out of all natural fibers and luxury silk fabrics. Students will weave their cuff on a hand loom and complete their piece with a slide lock for secure wearability. Material fee of \$12 collected on night of class includes hand loom, slide lock, and a variety of weaving fabrics and yarns. Students are to bring a scissors, tapestry needle and beads if desired.

THE WOVEN NECKLACE**Class Begins: Monday, April 1st at 6:30PM
(1 session) Fee: \$25****Instructor: Ms. Justine Moody
HS Rm 107**

In this workshop, students will complete a mini woven pendant necklace out of natural fibers. Woven on a hand loom, this necklace will hang from a brass bar with a choice of a soft black cotton cord or brass chain. Material fee of \$12 collected on night of class includes hand loom, brass bar and chain, and a variety of weaving fabrics and yarns. Students are to bring a scissors, tapestry needle and beads if desired.

INTRO TO MACRAME: Macramé Plant Hanger**Class Begins: Monday, May 6th at 6:30PM
(1 session) Fee: \$25****Instructor: Ms. Justine Moody
HS Rm 107**

Learn the basics of knot making and go home with a handmade planter. We will review everything from the beginning lark's head knot to the berry knot and all the different materials you'll need to macramé on your own. Material fee of \$12 collected on night of class includes rope, 2" wooden ring and a variety of weaving yarns and fibers. Students are to bring a scissors and large beads if desired.

KNITTING FOR BEGINNERS II**Class Begins: Tuesday, March 5, 2019 @ 7:00PM
(6 sessions) Fee: \$40****Instructor: Toni Anderson
HS Library**

Knitting has been proven to help memory, reduce stress, lower blood pressure and improve memory. In this 6 week class you will learn how to cast on, knit, purl and bind off. Project will be a Spring/Summer scarf and registrants should bring a medium weight #4 cotton/cotton blend yarn and size 8 needles. Not sure what to get, come to the Knitting Cove and Yarn Shop for help in picking your yarn and receive a 15% discount on supplies.

General Information

I. Registration

- Each person must use a **separate check** as well as a **separate registration form** for each class requested.
- Fill out the form, and return it along with your check to the address on the registration form.
- Be sure to send the correct fee for each class.
- Registration forms will be accepted up to one week before the start of the session.
- There is a \$15 service charge for each returned check.
- Seniors (age 60+): Please include proof of age, such as a copy of a driver's license or other identification showing name and date of birth.
- Please be aware that some equipment or additional materials fees may have to be supplied by the student.
- There is **NO** additional fee for out-of-district registrants.
- You will NOT be notified of your acceptance into class. Simply attend the first scheduled meeting.**

II. Class Cancellations

- We reserve the right to cancel/change/substitute courses, events, teachers, rooms, etc. due to circumstances beyond our control.
- When district schools are closed due to inclement weather or other emergencies, classes will not be held.
- Adult education classes will not be held when district schools are closed for holidays or vacations.
- If a class must be cancelled, a makeup class will be scheduled according to teacher and facility availability.

III. Refunds or Credits

- If a class does not form due to lack of enrollment, a refund will be issued. Generally, classes require a minimum enrollment of 10 students
- Once a session has begun, there is no monetary refund. ***No exceptions will be made!***

**MOUNT SINAI ADULT EDUCATION PROGRAM
Registration Form**

Please use one form per course. This form may be photocopied.

NAME: _____

ADDRESS: _____

TELEPHONE: _____

E-MAIL: _____

Please email completed form and check payable to Mount Sinai UFSD to:

Office of the Adult Education Program
Mount Sinai Elementary School
North Country Road
Mount Sinai, NY 11766

Course Title	Date	Fee

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Mount Sinai Elementary School
North Country Road
Mount Sinai, NY 11766

Course Title	Date	Fee

Adult Education Program
Mount Sinai U.F.S.D.
Elementary School
North Country Road
Mount Sinai, NY 11766

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