

Member Spotlight:

A Soulful & Supportive Connection

We are thrilled to introduce two talented instructors who bring expertise & heart-centered practices to our community this month.

JUDITH STATSINGER:

MINDFULNESS YOGA INSTRUCTOR

Judith has been practicing yoga since the 1970s & has received international training in mindfulness. She says what attracted her to the discipline was the sense of peacefulness & wants beginners to know that mindfulness isn't something that's limited to the classroom space - "it can be used on the bus, while watering plants, cooking, any daily activities. If you are preoccupied with something in your life that is stressful, yoga can give you the space you need. The term "yoga" means union, & what Judy does is attuned to the body & breath. She wants people to approach yoga with an open mind; "we all have different bodies that respond in their way... to get the most benefit out of it is has to be personal. We began all classes by finding our seats, just sitting & being still, not moving. This is a powerful practice because allowing ourselves a minute to be still is an entrance to a deeper sense of relaxation. We all must start somewhere." Judy brings her wisdom on finding balance, both emotionally & physically, during **Mindfulness Yoga on Tuesdays & Fridays at 11 am.**

DR. ELIZABETH COHEN:

REIKI HEALER & AUTHOR

Dr. Elizabeth is an experienced Reiki healer looking to expand how people think about healing & wholeness. Her book *Inner Growth Thru Reiki* details how Reiki & the self-expressive arts have acted as powerful modules of healing in her life. Layering her experiences as an older adult with memories

of being a teenager; she explores concepts of self-care & comfort that have been developed through dealing with difficulties. Dr. Elizabeth will also be starting an integrated wellness group that will be exploring principles such as acupuncture, music therapy, spirituality, & mindfulness for older adults. She describes integrated wellness as a "paradigm shift" about how medicine is defined: "...there's a whole movement looking at the mind-body connection more closely, & how important various aspects such as happiness & spiritual practice can impact the body. Another term I've seen hospitals use is 'complementary medicine' for these other approaches to healing." Dr. Elizabeth will begin offering opportunities to relax starting with the **integrated wellness group on Nov 22 and author's talk on Nov 26.**

Don't miss the chance to connect with Judy Statsinger and Dr. Elizabeth Cohen as they bring their unique gifts to our community!

Please note:

- The AgeWell office will be closed on Thursday, November 28 in observance of Thanksgiving.
- Senior Expo USA will be hosting the Allegheny County Senior Expo on Thursday, November 14 at the South Hills JCC. This is not a program that AgeWell at the JCC is hosting, but we encourage you to attend to visit the vendors. More information can be found at seniorexpousa.com.

November AgeWell Programs

Nursing students from Duquesne University join AgeWell at the JCC.

On November 4, 11, and 18, you will see some new faces in the building. From **10-11 am** on each of these days, the students will offer blood pressure screenings in the lobby. At **1 pm** each day, the students will host a discussion about different health-related topics in the social hall. The students are completing field experiences in community health this semester, and they are joining us to learn about healthy aging.

Estate Planning Seminar

Monday, November 4 • 1:30 pm
Social Hall

Joanne Parise of Williams Coulson LLC will discuss the importance of estate planning. The presentation will include a discussion of tools to enable you & your loved ones to carry on your affairs & carry out your wishes in the event of your incapacity or death. Joanne will share information about wills, trusts, powers of attorney, living wills, & more. Please register by contacting the AgeWell office at agewellsouthhills@jccpgh.org or (412) 278-1795.

Monthly Meet & Greet Social

Tuesday, November 5 • 10:30 am
AgeWell Office

Whether you are new to AgeWell or you have been a regular for a while, this is your chance to connect with other members! Stop by on the first Tuesday of each month at 10:30 to chat with other members & enjoy light refreshments. You do not need to register for this program.

All About Yarn Bombing with Cantor Rena

Wednesday, November 6 • 12 pm
Conference Room

You've heard of "work from home", how about "volunteer from home"? Scarf bombing is the act of placing scarves outside for people in need to take to stay warm. Cantor Rena Shapiro will be demonstrating how to make scarves to leave for those in need. Participants should bring their loop yarn for this workshop, which can be found at any major craft store. No previous experience is needed. Please register by Tuesday, November 5 by contacting Mickey at mbenson@jccpgh.org or (412) 278-1795

2024 Election Nonpartisan Conversation with Rabbi Hindy

Thursday, November 7 • 11:30
Conference Room

The 2024 election has brought up many responses & reactions. It is a polarizing time to be an American voter. Join Rabbi Hindy for a check-in & discussion following election day. This is a nonpartisan conversation through the lens of kindness & compassion. You do not need to register for this program.

RSV Vaccine Clinic

Friday, November 8 • 9 am-1 pm
Conference Room.

Giant Eagle Pharmacy will join us for an RSV vaccination clinic. The CDC recommends everyone over the age of 75, or those ages 60-74 who are at increased risk receive the vaccination. You must have a Medicare Part D prescription card to attend this clinic. Make an appointment by stopping in the AgeWell office or contacting Hayley at hmaher@jccpgh.org or (412) 697-3552.

Parenting and Grandparenting Habits

Friday, November 8 • 2 pm

Conference Room

Join us for a conversation about parenting & grandparenting. Share your favorite things to do with your grandchildren & discover new ideas & hobbies. The discussion will include how parenting has changed over the years. You do not need to register for this program.

Garden Club Meeting

Monday, November 11 • 12 pm

Conference Room

Join the garden club for November's meeting: "It looks like the world is covered in a crust of brown sugar & cinnamon!" Members are encouraged to bring a fall snack or recipe to share.

World Origami Day Workshop

Monday, November 11 • 2 pm

Conference Room

Throughout a 45-minute workshop, you'll learn how to create a variety of beginner projects. No previous experience is necessary, & you do not need to register for this program.

National Parks

Wednesday, November 13 • 12 pm

Conference Room

Join us for a viewing of Wonders of the National Parks: A Geology of North America. This month, the group will explore Yosemite National Park. This series is presented by Great Courses and will be facilitated by volunteer Randy Detweiler. The video lecturer is a geologist and former professor Ford Cochran, who is the Director of Programming for National Geographic Expeditions. This series will take place monthly, and a different national park will be the focus of each discussion. You do not need to register for this program.

Quilling: Basics & Beyond!

Wednesday, November 13 • 2 pm

Conference Room

Embrace a relaxing fall spirit with our fall-themed paper quilling workshop. Whether you're a beginner or a crafting enthusiast, this workshop is perfect for anyone looking to explore the art of quilling. You do not need to register for this program.

Knitting & Crochet Club

Thursday, November 14 • 11 am

Conference Room

This group is for anyone who wants to get together with other AgeWell members to work on their knitting or crochet projects. Members should bring their supplies for this session. You do not need to register.

Felted Owl Project

Friday, November 15 • 2 pm

Social Hall

Local fiber artist Judé Ernest will teach participants how to hand needle felt with specialty needles, wool, & other materials to create a delightful nature-inspired 3D owl. Participants will learn some history, science, & how to needle felt safely while creating a one-of-a-kind sculpture. All tools & supplies will be provided. No previous experience is necessary. This class costs \$25 for registered AgeWell at the JCC members. Register by Tuesday, November 12th by stopping in the AgeWell office or contacting Mickey at mbenson@jccpgh.org or (412) 278-1795.

Older Adult Programs

AgeWell
at the JCC South Hills

AgeWell at the JCC South Hills

November 2024

Theater Club

Monday, November 18 • 12 pm
Conference Room

If you enjoy the theater, this is the group for you! This group meets monthly to hear from guest speakers, talk about shows, and learn more about the theater. You do not need to register for this program.

Book Club

Tuesday, November 19 • 1:30 pm
Conference Room

No pressure & no assigned reading, just come tell us about the books you've read recently. This is a great way to get new reading recommendations & discuss popular publications. You do not need to register for this program.

Conversations with Amy

Wednesday, November 20 • 10 am
Conference Room.

Join AgeWell's Information & Referral Specialist Amy Gold, MSW for a conversation related to resources for older adults. Each month will feature a new topic for discussion. You do not need to register for this program.

Monthly Movie

Thursday, November 21 • 1 pm
Conference Room.

Join us this month for a viewing of Dr. Dolittle. In this 1998 comedy, a workaholic doctor rediscovers his ability to communicate with animals, which turns his life upside down. You do not need to register for this program.

*New in November!

**Integrated Wellness Group
with Dr. Elizabeth Cohen**

November 22 • 1 pm
Conference Room

Reiki, Mindfulness, & Integrative Wellness is a new monthly group at the South Hills JCC. Our culture is in the midst of a paradigm shift in the beginning of defining medicine as including the mind/body connection rather than simply mechanistically as in the past. This group, led by Reiki Master & retired professor Dr. D Elizabeth Cohen, will explore various wellness modalities through book discussion, guest lectures, & explorations of wellness techniques. You do not need to register for this program.

Author's Talk: Inner Growth Thru Reiki

November 26 • 12:30 pm
Conference Room

Join AgeWell member Dr. Elizabeth Cohen to discuss her recently published book, *Inner Growth Thru Reiki*. This book catalogs her experiences with Reiki throughout her life. You do not need to register for this program.

Ongoing Programs:

- **Blood pressure screenings with JAA:** Tuesdays, November 12 and 26 • 10-11 am.
- **Book Buddies Volunteer Program:** Volunteer clearances must be completed; stop by the AgeWell office for more information.
- **Canasta:** Each Thursday • 1-3 pm.
- **Counseling Hours :** Mondays, November 11 & 25 • 10 am-1 pm.
- **JCafe Congregate Lunch Program:** Monday to Friday from 12:30-1:30 pm. Registration required.
- **Mah Jongg:** Each Tuesday • 1-3 pm
- **Puzzle Swap:** Available every day during AgeWell office hours.
- **Technology Tutoring:** by appointment only.

Have a special interest or hobby you'd like to share? Consider starting a new club!