



COMMUNITY WELLNESS

Virtual Senior Series

Stay connected and active by joining us for one or more of the following programs on Tuesdays & Thursdays in November. Learn something new, ask questions and enjoy social time with other seniors.

Demystifying Medications

TUE. November 3 (10 – 11 a.m.)

Roshni Shibad, PharmD, PGY-2 Pharmacy Resident, will discuss various classes of drugs that you or your loved ones may be prescribed, interpret and simplify their often-complex names, and help you understand what they do and how they should be used.

Mindfulness Practice for Healthy Aging

THU. November 5 (10 – 11 a.m.)

As we age, we face many challenges. Join Carolyn Schindewolf, Health Educator with Penn Medicine Princeton Health Community Wellness, to learn how mindfulness can help reduce worry, improve sleep, increase mental clarity, and deepen your enjoyment of life.

Chair Yoga

TUE. November 10 (10 – 11 a.m.)

This gentle form of yoga incorporates standard yoga poses while sitting or standing next to a chair. The class, taught by Maria Benerofe, a certified yoga instructor, is an adaptation of a standard yoga class and will improve flexibility, concentration, and strength, while reducing stress and joint strain.

Update on COVID-19 Protection

THU. November 12 (10 – 11 a.m.)

The coronavirus disease (COVID-19) pandemic has affected millions of individuals worldwide. Join Craig Gronczewski, MD, MBA, Chairman of Emergency Medicine at Penn Medicine Princeton Medical Center, for a discussion on the signs and symptoms of COVID-19, who is most at risk, and how it can be prevented and treated.

Satisfying Snacks to Optimize Your Health

TUE. November 17 (10 – 11 a.m.)

Join Heather Bainbridge, EdM, MA, RDN, a registered dietitian nutritionist with Princeton Medical Center, for a demonstration on how to whip up quick and satisfying snacks to optimize your health and wellbeing. You'll leave with inspiration and knowledge of some delicious-tasting snacks that can improve blood pressure, immunity, and bone health.

Flu Shot Facts

THU. November 19 (10 – 11 a.m.)

Seasonal influenza can cause serious health complications for many people. Join Katie Dajczak, RN, Manager of Occupational Health, Penn Medicine Princeton Health, to learn all about the important facts about the flu, including: who is most at risk; who should get vaccinated; how you can help prevent its spread; signs and symptoms; and treatment options.

Your Health is a Click Away - Part 1

TUE. November 24 (10 – 11 a.m.)

The myPennMedicine patient portal offers secure, convenient access to your medical records, test results, messages from your healthcare providers, and a calendar of upcoming appointments. Join Todd Kirkes, Senior Manager, myPennMedicine, Integrated Solutions, PhysicianLink, and Care Everywhere, at Penn Medicine, to learn how to use the portal to manage your healthcare needs.

Your Health is a Click Away - Part 2

FRI. November 27 (10 – 11 a.m.)

"The doctor will see you now" has taken on new meaning since the COVID-19 pandemic. Join Srinath Adusumalli, MD, MSc, FACC, Assistant Professor of Clinical Medicine, Division of Cardiovascular Medicine, Penn Medicine, for a discussion on how telemedicine can provide safe and convenient access to care and how you can access this useful service. *(This session will be held on a Friday due to the holiday).*

Keep the Lines of Communication Open

TUE. December 1 (10 – 11 a.m.)

Communication is extremely important, especially when it comes to your healthcare needs. Join Jean Anderson, RN with Penn Medicine Home Health for this informative session exploring matters you should discuss with family members before you need care, what to do when you need home care and how to access required care.

This weekly series will be held virtually via the BlueJeans video conferencing platform, which can be accessed from a computer, tablet, or smart phone. Registered participants will be emailed a link to join the video conference.

Register at www.princetonhcs.org/calendar or call **1.888.897.8979**. Registration for this series will open around Oct. 7, 2020.