



Speakers Bureau of United Methodist Homes

2008-09 Topics: We are pleased to present a variety of speakers and topics for your next meeting or luncheon. We invite you to take advantage of our professional experts who are available to lead discussions on timely healthcare issues.

The Art of Humor and Healing: Discovering your cosmic self, or is it comic self?

Do you find yourself taking life too seriously? Are you stressed out? Learn how humor can be a useful tool in combating everyday stress. Tap into your inner “clown” and gain new appreciation for the sunny side of life, or is it funny side of life? Discover how the practice of joy, laughter, and mirth can lead to better health. Check your inhibitions at the door and join us for this highly participatory presentation.

Sue Saxton, Case Manager, Bishop Wicke Health Center, Shelton

Tips for maintaining your independence at home

Aging takes a toll on our bodies. Learn what exercises you can do to improve strength, flexibility, and balance to maintain your independence at home. This is a fun and educational program.

Dianne Terrace, Fitness Specialist, Director of the Wellness Center, Crosby Commons at Wesley Village, Shelton

Use It or Lose It

Learn about exercising your mind and your body every day, monitoring medication interactions and blood sugar levels, alcohol and smoking issues, hints on increasing physical and mental activities, tips on reducing stress levels, and “Red Flags” to share with your physician.

Lee Waskow, RN, Director of Health Services, Wesley Village, Shelton

Breathing, Meditation, and Spirituality

Learn a series of breathing exercises to help build your inner “ki” (spiritual essence) and experience the benefits of increased focus, improved relaxation, and reduced stress. Improve your outlook and health with one breath.

Pete Mansfield, Manager of Environmental Services at Wesley Village, and a martial arts instructor

Senior Medical and Housing Issues

A review of the resources available and the qualifications required for obtaining state and federal assistance with housing and medical needs is informative and helpful. Handouts and a Q & A session are included.

Joan McTaggart Kayser, MA Resident Service Coordinator, Wesley Heights at Wesley Village, Shelton

A Christian View of Aging

Explore attitudes and responses to a Christian view of aging. Develop a new awareness and understanding of ministry with older adults.

Jim Stinson, Director of Spiritual Life, United Methodist Homes

Pass Me A Carrot Please – The New Food Pyramid and Guidelines

Plan for healthier eating by learning about fats, proteins, and carbohydrates and why our bodies need them. Recipes and educational materials included. Workshop and lunch offered at Wesley Village (\$5/pp)

Mary Ellen Reilly, Chef and Serve Safe Instructor, Wesley Village, Shelton

Jazz Up Your Meals A fun and popular demonstration of food garnishes and appetizers for all occasions.

This presentation includes sampling appetizers and is offered at Wesley Village. (\$5/pp)

Jack O'Donnell, Chef and Director of Food Services at Wesley Village, Shelton

We also have other topics available...Let us know about the interests of your group. To reserve a speaker for your location, or to arrange a tour and lunch at Wesley Village, contact David Primini, Marketing Manager, at 225-7980 or Mary Ann Bradshaw, Development Coordinator, at 203-925-4952. There is no charge for the speaker.