



**Motion Picture
& Television Fund**

23888 Mulholland Drive, #294
Woodland Hills, CA 91364-2792
www.mptvfund.org



Non-Profit
Organization
U.S. Postage Paid
Canoga Park, CA
Permit No. 308

Lifelong Learning Program

July–September 2010



- Caregiving
- Driving Tips
- Aging Well
- Meditation





MPTF Community and Social Services Department is proud to offer the Lifelong Learning Program. Please review the variety of classes available in this quarterly schedule and take special note – many of these offerings are also available online or by phone. Registration procedures vary based on individual class providers. For questions or suggestions, please call 818-876-1944. We hope you will take advantage of these wonderful programs.

The Lifelong Learning Program is made possible by MPTF's Center on Aging. The Center on Aging is the institute within Motion Picture & Television Fund that focuses on the research, planning and development of innovative programs and services for seniors, their families and caregivers.



Managing Concerns about Falls

Introduction Class: August 7th
at 9:30 am

Saturdays, August 14, 21, 28,
September 11, 18, 25,
October 2, & 9
9:30 – 11:30 am

Motion Picture & Television Fund
Stark Villa 3rd Floor, Activity Rm.
23388 Mulholland Drive
Woodland Hills, CA 91364

This course is designed to reduce fear of falling and increase physical activity levels among community-dwelling older adults. The program includes eight 2-hour classes presented over a four- or eight-week period by two lay leaders using a training manual and instructional videos. The curriculum includes lectures, group discussions, mutual problem-solving, role-play activities, exercise training, assertiveness training, and home assignments. Participants learn about the importance of exercise in preventing falls; practice exercises to improve strength, coordination and balance; and conduct a home safety evaluation. Participants demonstrate significant improvements in their level of falls management, falls control, level of exercise and social limitations with regard to concern about falling.

To register, call 818-876-1944

Staying in the Driver Seat: Fitness, Safety and Transition

Tuesday, September 28th

10:00 – 11:30 am

Renee Gates, LCSW, Elder Connection
Lee Hirsch, Licensed Occupational
Therapist and Driving Rehab Specialist
Nicole Kaplan, LCSW, Elder Connection

**Motion Picture & Television Fund
Saban Center Community Room
23388 Mulholland Drive
Woodland Hills, CA 91364**

Remember the first time you drove a car? The sense of freedom and independence was indescribable. A driver's license wasn't even mandatory nationwide in the U.S. until 1940. Things have changed since then; the cars, the roads, the laws. We hope you will join us for this lively and informative workshop so you can learn how to 'Stay in the Driver Seat' in the 21st Century.

This dynamic, interactive program will:

1. Demonstrate useful driving fitness techniques
2. Educate you about available programs to assess how well you fit in your vehicle and tools to evaluate your driving skills & abilities
3. Offer expert advice from a certified Driving Rehabilitation Specialist. We will explore how to plan for the future and the emotional attachment we have with our cars, particularly in Los Angeles!

To register, call 818-876-1944

Stress Free Living

309 Tuesdays, August 31 and

September 7

7:00-9:00 pm

Toluca Lake Health Center
4323 Riverside Drive
Burbank, CA 91506

310 Saturdays, August 7 & 14
10:00 am – 12:00 pm

Westside Health Center
1950 Sawtelle Boulevard, #130
Los Angeles, CA 90025

Stress is an emotion related to how we react to events. The events that provoke stress are called “stressors” and are different for each of us. During this 2 part workshop, Isabelle Smalios will take you through a step by step method that will allow you to modify your approach towards life, its challenges, demands and fluctuations. Learn tools to manage stress or even eliminate it within seconds.

To register, call 818-876-1944



Walk For Rides

Sunday, September 26, 2010
9:30 am – 1:00 pm

20th Century Fox
10201 West Pico Boulevard
Los Angeles, CA 90064

Come walk with MPTF to raise awareness of *ITN Greater LA*, an affordable, reliable transportation resource for older adults on the Westside. MPTF is working with *ITN Greater LA* to expand their outreach to entertainment retirees and their families.

REGISTER IN ADVANCE, call 818-876-1944 or visit walkforrides.org



Great Vocalists of the Big Band Era

Monday, August 30, 12:30 pm

**Joslyn Adult Center
1301 W. Olive Ave.
Burbank, CA 91506**

Music historian and LA Jazz Scene journalist John Tumpak presents this history of the great singers (both male and female) of the Big Band era, including film clips and recordings. Admission is \$2 (free with BSAC card). For adults ages 55 and up.

To register, call 818-876-1944

Community Conversation: Integrative Medicine

**Wednesday, September 29th
6:30 – 8:00 pm**

**City of Burbank
Community Service Building
150 North Third Street
Burbank, CA 91502**

Dr Lisa Schwartz, Medical Director of Integrative Medicine at the Roy and Patricia Disney Family Cancer Center, will discuss Integrative Medicine as it combines the discipline of modern science with the wisdom of ancient healing. For people living with chronic or life-threatening illness, it can address the emotional, social, and spiritual needs of patients and families. She will discuss how this approach is incorporated to offer diagnosis, treatment, professional counseling, support groups and educational resources in one location.

**REGISTER IN ADVANCE, call
818-876-1944**



Telephone Topics

Mather LifeWays has spent more than 60 years learning about how to make the adventure of aging better. The program enhances the lives of older adults by creating ways to age well. Founded in 1941 by Alonzo Mather, Mather LifeWays is dedicated to providing a continuum of living and care; making neighborhoods better places for older adults to live, work, learn, contribute, and play; and identifying, implementing, and sharing progressive practices for wellness, workforce issues, memory care support, and empowering caregivers.

Easy Meditation Practices

**Mondays, July 19 and August 2, 16, & 30
12:00 pm**

Susan Wilkens, Dancing Cranes

Learn simple, easy-to-do breathing and focusing techniques to release worry and anxiety. Reduce your stress level and multiply your happiness – create inner peace and outer joy, and enjoy your life more.

Chair Yoga

Mondays, August 9 & 23, 12:00 pm

Tom Wilkens, Dancing Cranes

Yoga creates a tranquil world in which you can balance your body and quiet your mind. Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Telephone Topics

Thursday, August 5, 9:00 am

Kate Paz, Mather LifeWays

Telephone Topics Experience Creator

We want to hear your opinions. What do you like about Telephone Topics? What can be done differently? What topics would you like to take part in? Is there a topic you would like to present? Let's make Telephone Topics even more fun!

Celebrations

Wednesday, July 21, 11:30 am

Anne Gorham, The Art Institute of Chicago

Celebrations is a program that features images depicting the different ways people celebrate calendar holidays, bringing in the harvest, weddings, ancient festivals, and initiation ceremonies.

Lizzie Borden

Wednesday, August 4, 11:00 am

Paula Fenza, MA, Mather LifeWays

Lizzie Borden was the New England spinster at the center of the hatchet murders of her father and stepmother on August 4, 1892. On the anniversary date of this crime, join us as we recount what happened during this notorious event in American folklore.

Laughter Yoga on the Phone™

Tuesday, August 10, 11:00 am

Life Coach Gaga Barnes, CLYT and Elizabeth King, MS, CLYL

Laughter stimulates your brain, strengthens your lungs, and gives you energy, which can help boost your wellness. Without comedy or jokes, learn the therapeutic benefits of laughter for your health.

Realize Your Passion and Follow Your Dreams

Thursday, August 12, 11:00 am

Reed Engel, MA, FAWHP

Mather LifeWays

According to a recent survey, nearly 75% of the population cannot identify their true passion. This session will help identify the things in life that excite and energize you.

Emotional Acupuncture and Self Hypnosis

Tuesday, August 24, 9:00 am

Stacey Cox, Life Time Success 4 U

Learn how to lower your blood pressure, maintain focus, and improve your self-esteem. Find out how you can get past the barriers that are holding you back from living the life you desire.

Understanding the Risks When Choosing a Caregiver

Thursday, August 26, 9:00 am

Juanita Berry, Covenant Methodist Home Care

When choosing a caregiver, there are many important issues to consider. There are many different kinds of agencies, and you will want to know about those differences before you make this important decision.

Influence and Persuasion: Who Says You Can't Always Get What You Want?

Thursday, September 16, 11:00 am

Reed Engel, MA, FAWHP

Mather LifeWays

Find out more about the theory and research behind making better choices, as well as what impacts our thoughts,

ideas, behaviors, and emotions. Learn why you say yes or no to something, and how you can increase your power to resist temptation!

6 Documents You Need to Know

Part I: Tuesday, September 21

Part II: Wednesday, September 22

1:00 pm

Janna Dutton, Janna Dutton & Associates
Is your future protected? What are Powers of Attorney, Living Wills, and Trusts? Get the facts on how easy it can be to get these documents in order. Learn how you can assist your family now, even if you will need care in the future.

Medication Safety

Thursday, September 23, 11:30 am

Patricia A. Menoni, RN, BSN, CMC,
Partners in Senior Care, Inc.

67% of Americans over the age of 50 take an average of four prescription drugs every day. What you don't know could hurt you. Learn 10 simple tips to follow to help ensure that you know the what, why and how of taking your medications properly.

Why Risk It?

Tuesday, September 28, 9:30 am

Barbara Strongin, Regional Director,
Relief Medical Services

Hiring an independent caregiver may seem like a less costly alternative to using a home care agency, but in reality, you are putting yourself at risk by becoming an employer. Find out the benefits of hiring through a home care agency instead.

House Plant Care

Thursday, September 29, 9:00 am

Nancy Pollard, Unit Educator, University of Illinois Extension

Learn to care for your houseplants and get tips on choosing the right plant for the right location, plant solutions, maintenance, common diseases, and insects.

**REGISTER IN ADVANCE,
call 818-876-1944 or e-mail:
infoplus@matherlifeways.com.**

Registration varies by program. Please use the information below to register or obtain further information about the class(es) you wish to attend.

MPTF Main Line

818-876-1888

Lifelong Learning Program

818-876-1944

Community Social Services

323-634-3888

ITNGreaterLA

310-451-1343

Elder Connection

323-634-3866

Joslyn Adult Center

818-238-5370

Mather LifeWays

888-600-2560

Classes are subject to change.

Updated class schedules can be found on our website:

www.mptvfund.org/lifelonglearning.