



St. Francis

HEALTHCARE SYSTEM OF HAWAII
A Legacy of Caring for Hawaii's People

Live Every Moment



6-Week Gentle Nia Series

Every Tuesday

October 6, 2020 –
November 10, 2020
5 – 5:30 pm



Nia combines dance, martial and healing arts with a large scoop of fun! Classes are \$9 each. You don't want to miss a single session!

Instructors: **Neelanthi Vadivel, Renée Tillotson, and Valerie Sanchez**, Still & Moving Center

Positive Synergy in Mind and Movement

Wednesday, October 7, 2020
10 – 10:45am



Enjoy the benefits of gentle movement and positive affirmation. Interactive classes take place *every other Wednesday at 10am*.

Speaker: **AnneMarie Gumataotao**, PhD, psychology professor for the University of Maryland Global Campus and St. Francis volunteer

DeClutter & Downsize with Compassion

Thursday, October 8, 2020
5 – 7 pm

Speakers: **Cynthia Arnold**, VP of Senior Move Managers, LLC

October 2020 Live Virtual Classes!

St. Francis Caregiver Education and Wellness Series

Join our community of family caregivers and kuuna wellness enthusiasts at virtual sessions provided by local experts. Live classes take place online via Zoom and are **FREE** unless otherwise noted. Register online by scanning the QR code. For more information or for help navigating Zoom, contact **Maylynn Wong** at (808) 547-8138 or mwong@stfrancishawaii.org.



Scan the QR code to register online!

Medicare Basics

Saturday, October 10, 2020
9:30 – 11:30 am

Learn about Medicare and how to choose a plan that's right for you.

Speaker: **Mark Falido**, Premier Benefit Consultants



A Double-Whammy: Grief During the Pandemic

Monday, October 12, 2020
5 – 6:30 pm

Gain practical understanding of grief following the death of a loved one as well as grief related to the pandemic.

Speaker: **Valerie Payton**, MA, LCSW, Bereavement Social Worker, St. Francis Home Hospice

Fall Prevention & Senior Exercises

Wednesday, October 14, 2020
5 – 7 pm

Learn how to prevent falls, exercises to improve mobility, and what caregivers need to know if someone has fallen.

Speaker: **Julie Okamura**, MSPT, owner of Hoku's Physical Therapy

Understanding Trusts, Wills, Power of Attorney & Medical Decision Making

Saturday, October 17, 2020
9:30 – 11:30 am

Speaker: **Kristin Lambert-Bryant**, Volunteer Attorney Advisor and mentor at the University of Hawaii, Elder Law Program

Rooted in Wellness

Thursday, October 22, 2020
10 – 11:30 am

Learn the wisdom of this `ōlelo no`eau: *He ali`i ka `āina; he kauwā ke kanaka `āina*. Through time and action we can learn how to best care for one another.

Speakers: **Michele and Dean Wilhelm**, Ho`okua`āina



Take Charge: Prevent Medicare Fraud

Thursday, October 22, 2020
5 – 7pm

Learn how to protect yourself and your loved ones against Medicare abuse and fraud.

Speakers: **Judy Bell and Kit Sakurai**, volunteers with Senior Medicare Patrol Hawaii



Personal Resilience During Times of Change

Saturday, October 24, 2020
10 – 11:30am

Be your best in the midst of life's challenges. Learn seven fundamental daily habits.

Speaker: **Cynthia Yamasaki**, owner of EEmpath Executive Coaching and Leadership Development



Eating for Longevity

Friday, October 30, 2020
5 – 7 pm

Speaker: **Mary Arakaki**, RD with experience in geriatric nutrition