

HEALTH

SEMINARS

MEDICARE Update

September 28, 2018 10 am - 12 pm

Speaker : Hallie Devlon from SHINE

We welcome back Hallie Devlon from SHINE. She will bring us up to date on the newest changes to Medicare. She will also be able to answer questions regarding Medicare sign up and/or secondary insurances.

Music Therapy: How Does it Make a Difference?

October 12, 2018 10 am - 12 pm

Speaker: Laura Seipert and Natalie Spencer, Music Therapists

Hear and learn about the value of music therapy for patient needs related to respiration, chronic pain, physical rehabilitation, diabetes, headaches, cardiac conditions, surgery, obstetrics and hospice.

SHINE Community Event

October 18 & 19, 2018 9 am - 3 pm

SHINE : Serving Health Insurance Needs of Elders

A community wide event by SHINE to help seniors with Medicare/secondary insurance needs. Trained counselors will be available to help seniors search the labyrinth of Medicare/insurance options. This Event is FREE and open to the public.

Opioid and Seniors

November 9, 2018 10 am - 12 pm

Speaker: Brenda Iliff, ED Hazelton

Because older adults take more prescriptions than younger generations, (depression and anxiety play leading roles), often they become "accidental addicts". Often it is more difficult to detect warning signs for addiction. Join the WHMT as we learn more about this concern.

Tired of Treating Symptoms and Ready to Treat the Cause?

January 11, 2019 10 am - 12 pm

Speaker: Lisa Hiller, A Posture Alignment Specialist

Egoscue Postural therapy is a non-medical approach to improving musculo-skeletal function based upon the principle that pain is often linked to misalignment in the body. While most chronic pain treatment methods only address symptoms or try to deaden or mask pain, Egoscue corrects the postural issues that may be at the root of your ongoing discomfort.

Becoming Mindful of my Spirit

February 8, 2019 10 am - 12 pm

Speaker: Rev. Dr. Kathleen Weller, Presbyterian Pastor

"Mary, Mary, quite contrary, how does your garden grow?" In most areas of our lives, we have a plan, a blueprint, or a well platted direction. Yet often a path for our spiritual lives, while of utmost importance, is less defined. We'll take a very brief look at some spiritual masters and become aware of how they might be our modern guides to awareness and direction of our own spiritual path.

Healthy at 100?

March 8, 2019 10 am - 12 pm

Speaker: Dr. Michael Gloth III, MD, Geriatric Medicine Specialist

As people age, the body's metabolism slows. How should we adjust to these normal changes? Dr. Gloth provides practical suggestions that help one look and feel better as the years go by.

What is Palliative Medicine?

April 12, 2019 10 am - 12 pm

Speaker: Sue Krauter, MD

Palliative care is "supportive care". It can begin as early as a diagnosis of a serious or life-threatening illness is made. Persons living with challenging health conditions - from cancer to heart disease to severe pain issues - can show improvement of quality of life and increase survival time with Palliative care.