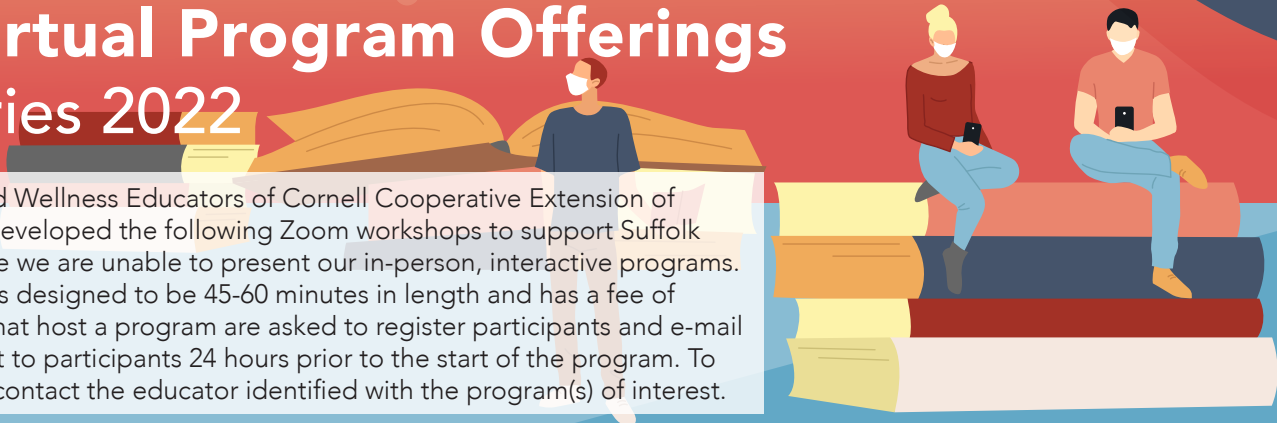


Adult Virtual Program Offerings for Libraries 2022

An illustration showing three people sitting on a stack of books. One person is reading a book, another is looking at a smartphone, and a third is also looking at a device. The background is a warm, orange-red gradient.

The Family Health and Wellness Educators of Cornell Cooperative Extension of Suffolk County have developed the following Zoom workshops to support Suffolk County residents while we are unable to present our in-person, interactive programs. Each Zoom program is designed to be 45-60 minutes in length and has a fee of \$150. Organizations that host a program are asked to register participants and e-mail program materials out to participants 24 hours prior to the start of the program. To schedule a program, contact the educator identified with the program(s) of interest.

Keeping Your Brain Healthy as you Age

Often times when we think about health and wellness we think about physical health and focus on healthy eating and exercise. However, we need to consider our brain health or cognitive health as well, especially as we age. Our cognitive health encompasses our ability to think, remember, learn new things and reason. It can decline as we age - becoming less accurate. The good news is that there is plenty to do to keep your brain healthy.

Contact Kerri Kreh Reda, kkr5@cornell.edu to schedule a program.

Essential Steps to Healthy Aging

Aging is an inevitable process and how we take care of ourselves throughout the lifespan both physically and mentally has a tremendous impact on our health and quality of life as we grow old. Participants will be challenged to embrace prevention and healthy lifestyle choices as a means to enhance overall health and well-being. Using materials from Kansas State University Extension we will promote the notion that healthy lifestyle changes can have a positive impact at any age.

Contact Kerri Kreh Reda, kkr5@cornell.edu to schedule a program.

Grandparenting Today - Part 1

Child rearing practices have changed over time. You raised your children, and now you are helping to care for your grandchildren while their parents are working. Learn what today's child development research recommends for young children regarding brain development, discipline, sleep needs, and digital screen use. Be an up-to-date, informed grandparent!

Contact Maxine Roeper Cohen, mc333@cornell.edu to schedule a program.

Grandparenting Today - Part 2

Are you helping to care for your grandchildren while their parents are working? Learn about the latest safety issues affecting young children. Positive communication between parents and grandparents is critical for optimal child development. Effective methods of communication between the generations will be discussed.

Contact Maxine Roeper Cohen, mc333@cornell.edu to schedule a program.

Caring for Yourself: Managing Grief and Loss

For the past year, the COVID-19 pandemic has upended our lives in a myriad of ways. As such, we have experienced losses that may have been stressful and difficult to cope with. This workshop explores ways for us to learn about and manage our grief and sense of loss, whether it be the loss of a loved one or other pandemic related losses (job, financial security, social connections). There is no right or wrong way to grieve; this program will help participants build their knowledge base about the process of grief and develop strategies to care for themselves and others during these challenging times.

Contact Cara Weiner Sultan, caw10@cornell.edu to schedule a program.

Caring for Yourself in Stressful Times

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows parents and other caregivers to provide security, support, and predictability for the entire family which can help keep anxiety levels from escalating. During this program we will introduce strategies for stress management and suggestions for self-care.

Contact Kerri Kreh Reda, kkr5@cornell.edu to schedule a program.

Winning ways to talk with kids

A workshop designed to help adults communicate effectively with children at every stage of their development. We'll discuss how to avoid communication breakdowns and become better listeners. Learning to use I-messages, door openers and turning negatives into positives will lead to improved family communication. Available in English and Spanish.

Contact Dinah Torres Castro, dc258@cornell.edu to schedule a program.

Understanding Family Dynamics

During this program the concept of temperament will be introduced. Temperament can be described as a person's natural style of interacting with or reacting to people, places and things. We all have our own unique temperament which can make things interesting when we live with others. Come learn about your own temperament and that of your loved ones and how temperamental characteristics may be impacting family dynamics.

Contact Kerri Kreh Reda, kk5@cornell.edu to schedule a program.

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Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.