New Service for Women’s Health

The Pieters Family Life Center is pleased to announce the addition of Women’s Health Services to our physical therapy clinic. Along with our existing outpatient services, we are able to offer treatment for conditions that affect women across their lifespan.

With age and life events, muscles can get weak from stretching or misuse. Pelvic muscle weakness can contribute greatly to urinary incontinence - the loss of bladder control - because of the lack of muscle support. Often symptoms of urinary incontinence can be greatly improved with proper instruction and strengthening activities for the pelvic muscles. Women also need education in habits and activity modification. Continued on page 3.

Wheelchair Accessible Fitness Room for All Abilities

Ithaca College was recently awarded a Christopher and Dana Reeve Foundation Quality of Life grant to support its Shoulder Fitness Program for individuals with paraplegia. The Shoulder Fitness Program is a healthy shoulder initiative for individuals with paralysis that was established at the Pieters Family Life Center, the region’s only wheelchair accessible community fitness facility. The program enables individuals with paralysis the ability to safely work out through a supervised fitness routine designed specifically for wheelchair users.

The PFLC collaborated with Ithaca College Rochester Center and donated the use of space within the fitness area, which – with its Cybex Total Access equipment – serves people with and without disabilities. One participant spoke to his experience in the fitness room saying, “It has made a positive impact on me, especially strengthening old friendships and developing new ones. It’s nice to work out with friends rather than go at it alone.”

For more information on the PFLC’s accessible fitness facility, stop in for a tour or call (585) 487-3500.

Spring Wellness Tip

Spring is a great time to get outdoors to start a new exercise routine that includes the fresh air. Enjoy the changing weather by meeting your friends and going for a walk. Consider visiting the many parks around the area. Whatever your activity, make sure it is enjoyable and share it with others.
Scoring with the Rochester Rhinos

The Pieters Family Life Center is excited to announce its second annual GOALS — Giving Opportunities to Athletes who Love Soccer — program in partnership with the Rochester Rhinos. GOALS provides an opportunity for children and adults with intellectual disabilities, as well as their siblings, friends and family members to play soccer with professional athletes while being part of a supportive and fun soccer community.

Bill Sedgewick, Rochester Rhinos assistant coach and former Rhinos player, said, “Our young group of professional soccer players expressed great satisfaction in being a constant presence at all GOALS events last year. This year will be no different, except we are anticipating more participants and even more friendships to be made.”

GOALS is held twice monthly beginning in May and running through August at Sahlen’s Stadium, home of the Rochester Rhinos. The PFLC and the Rochester Rhinos invite you to attend the 2011 GOALS kickoff event on Saturday, April 2 from 9:30 – 11:30 a.m. at the PFLC during its Super Saturdays Family Engagement program.

For more information on how to be a GOALS participant, volunteer or supporter, call (585) 487-3500 or e-mail info@pietersfamilylifecenter.org.

Zumba: Exercise in Disguise

By now you’ve heard about the latest fitness craze, Zumba. It’s a Latin-inspired dance fitness class that incorporates international music and dance movements creating a dynamic, exhilarating and effective fitness system. People of all ages and abilities are enjoying the many benefits of Zumba at their own pace. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve cardiovascular and muscle toning. Whether you are just starting an exercise regime or are a seasoned veteran, it will keep you active while having fun! It is an effective, innovative and best of all, a fun workout.

See the dates and times for Zumba classes at the PFLC on page 6.
Super Saturdays Program Supports Entire Family

Super Saturdays Family Engagement is a family-focused recreation and support program designed to meet the needs and goals of individuals with special needs and their families, friends and caregivers. The Super Saturdays program enhances a family’s ability to support their loved one with special needs, while focusing on their gifts, strengths and talents. Activities are led by a team of volunteers and PFLC staff members including an adaptive physical education specialist, art and music therapist and a social wellness coordinator.

Super Saturdays takes place on Saturday mornings from 9 a.m. to noon. The schedule is flexible to meet the needs of your child and family and we invite you to drop in whenever works best for you.

Super Saturdays is supported by:

Super Saturdays activities are designed to:

- Be fun, educational and focused on abilities
- Meet the needs and goals of the individual with special needs and his or her family
- Foster opportunities for children and families to get physically active and explore the arts
- Provide a chance to network, make friends and practice social skills

For additional information, call (585) 487-3500 or email info@pietersfamilylifecenter.org.

Women’s Health continued from page 1

Some symptoms that would indicate that physical therapy is needed may include: loss of urine with coughing, sneezing or exertion; the inability to make it to the toilet before leaking; and frequent trips to the bathroom. We can help you get back to your daily routine and help you enjoy social outings without interruption.

Other conditions addressed by women’s health physical therapy include: musculoskeletal dysfunctions of pregnancy; postpartum, post-cesarean care, osteoporosis and pelvic pain diagnoses and more.

To learn more contact Erin Allen, PFLC physical therapist, at (585) 487-3500 or info@pietersfamilylifecenter.org.
Therapeutic Exercise and Physical Activity Classes

For your convenience we offer a 10-visit punch pass for fitness classes (eligible classes are marked with ♥) at a cost of $60 dollars, saving you $10 for buying 10 visits.

Bone Building Exercises for Osteoporosis & Arthritis: Have you been diagnosed with osteoporosis or arthritis, or were just discharged from physical therapy? Join us and learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safely, to avoid injury! $7 per class ♥

Weight Training and Endurance for Fibromyalgia and Chronic Pain: You are not alone! Join others who live with fibromyalgia and chronic pain. Get moving and strengthen your muscles and your heart—without increasing fatigue or muscle pain. Learn how exercise and social support can help you address chronic pain. $7 per class ♥

Muscles in Motion Exercise Program: Looking to stay active in a supportive environment? Has your doctor recommended joining a beginner exercise class? Look no further! We’ll help you develop a fitness routine to build muscle, increase flexibility and improve endurance. All exercises can be done while seated or standing. This class is especially recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. $7 per class ♥

Good Nutrition, Exercise and Weight Loss: Learn healthy eating habits that will change your weight and exercises that will burn calories and boost your metabolism. Wednesdays, April 13, 20 & 27; Wednesdays, June 8, 15 & 22. $12 per class, or $30 for all three classes

Stretching and Strengthening for Multiple Sclerosis: Increase muscle flexibility and strength to improve coordination, balance and endurance, safely and at your own pace. This class is designed to provide social support — with a dose of humor and fun — for those living with multiple sclerosis. $7 per class ♥

Pre-Diabetes: Take Control Now!: If you’ve just learned that you have pre-diabetes, act now to lower blood sugar levels and avoid diabetes, without the use of medication! Learn lifestyle changes, increase your physical activity and improve your diet to get you out of the prediabetic danger zone. $15 walk-in, $96 per eight-week session

Walk Fit: Are cold temperatures, ice and snow putting a cramp on your outdoor walking schedule? Do you find using the treadmill boring and lonely? Instead, enjoy a little socializing while you walk to music in the Pieters Family Life Center gymnasium. $7 per class ♥

ZUMBA with Body Connection Institute: ZUMBA is a Latin inspired dance fitness class that creates a dynamic, exciting and effective fitness experience. A ZUMBA class offers a music-filled, dance party-like atmosphere that anyone -- non-dancers, new exercisers or those who have shied away from group classes -- can enjoy. $7 per class ♥

Pilates: Pilates is an exercise program that tones your body and tends to your mind and spirit. Pilates’ smooth, precise and flowing movements help make you more mindful of your body. $10 per class

Learn more about other services we offer by appointment including:
- General wellness consultation
- Personal training
- Chronic pain and Fibromyalgia consultations

Call today at (585) 487-3500.

A Series led by Barb Cacia: Care and Management of Fibromyalgia & Chronic Pain

Take advantage of a series of classes designed to cope with chronic pain. Classes are open to anyone suffering from chronic pain, or those simply interested in wellness of body, mind and spirit. Choose the ones that fit your needs or participate in the entire session. $18 per class

Class 1: What is Fibromyalgia and How is it Treated?: Learn about the latest research on fibromyalgia and discover management strategies to relieve pain and fatigue that will put you on the road to wellness! Wednesday, May 4, 6:30-8:30 p.m.

Class 2: Sleep & Pain: Partners in the Night: Do you toss and turn throughout the night due to chronic pain? Learn techniques to keep pain at bay, allowing you to sleep deeply and wake feeling refreshed; this is ideal for anyone living with chronic pain. Wednesday, May 11, 6:30-8:30 p.m.

Class 3: Therapeutic Exercise to Decrease Pain and Increase Muscle Power!: Does pain keep you from exercising and being physically active? Discover the proper moves to increase flexibility and strength, and stabilize your joints so you can be more active and enjoy life! Wednesday, May 18, 6:30-8:30 p.m.

Class 4: Nutritional Guidelines to Restore Energy!: Too tired to shop for and cook a healthy meal? You need to eat right in order to feel better. Come and learn simple cooking tips for meals that power the body, mind and spirit. This class is also ideal for caregivers who need to restore their energy. Wednesday, May 25, 6:30-8:30 p.m.

Class 5: Fibromyalgia and Families: Designed to help family members better understand what it’s like to have fibromyalgia and learn about current treatments available to manage this diagnosis. (Fee includes all family members.) Wednesday, June 1, 6:30-8:30 p.m.
Aquatic Wellness Programs

(See class/program schedules on page 6.)

The Pieters Family Life Center is home to the region’s first HydroWorx 2000 Therapy and Fitness Pool. This universally designed pool with a water temperature of 90 degrees allows for low-impact therapeutic exercise, as well as more aggressive conditioning for serious athletes. To view a video, visit www.pietersfamilylifecenter.org.

Water Walking Exercise Class: A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility, or chronic pain conditions. The buoyancy and warmth of the water lessens joint pain as you walk or jog on the flexible underwater treadmill, while the water provides resistance to intensify a muscular workout. Participants work out in an intimate setting with no more than four participants per class for lots of personal attention. $50 per six-week session

Interested in a water walking class? All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Please call us at (585) 487-3500 to register!

Aqua Fitness: Do you suffer from arthritis, back pain or stiff muscles and joints? Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing your muscles in our 90-degree, state-of-the-art hydrotherapy pool! Great for wintertime workouts! $60 per six-week session

Got Knee/Hip Pain?: Did you just complete a knee or hip replacement? Suffering from pain in your knees and hips that makes exercising difficult? Then this class is for you! Feel the warmth of our hydrotherapy pool while you stretch and strengthen your muscles! $60 per six-week session

A.Q.U.A (Answer Questions You Ask) Chat: This one-to-one, personalized program is for those multi-taskers who want to make good use of their time! Walk in our 91-degree, state-of-the-art hydrotherapy pool at a speed tailored to meet your fitness level, while discussing your personal health goals with our wellness coordinator. Call (585) 487-3500 to schedule an appointment. $35 per class

Aqua Play: Children of similar ages and abilities engage in fun activities that provide sensory feedback in a therapeutic environment. Although this is not a swimming group, the water depth in the pool can be changed according to the need. The session is designed for children with developmental delays/autism spectrum. Children need to be comfortable in the water without one-to-one assistance and the parent/caregiver is required to remain in the pool room. Call for dates and fees.

Aquatic Physical Therapy: We offer doctor-prescribed, water-based physical therapy on an outpatient basis. Call us at (585) 487-3500 for information or to make an appointment. Most insurance accepted.

Family Engagement Programs

The Life Center offers a variety of programs that are inclusive and meet the needs of your entire family. Our expert staff has designed programming that allows everyone to participate fully - youth with intellectual disabilities and autism and their siblings, friends, parents and even grandparents! Our enriching programs support physical activity, relationship building, confidence and strengthening family ties.

Super Saturdays is a lively, child-centered program encouraging physical activities that promote social skills and aid gross motor development through adaptive sports clinics and leagues, art/music programs and social events. Super Saturdays is staffed by experts in adaptive physical education, creative arts therapy and social wellness, along with a team of dedicated volunteers.

Play As You Grow: A supervised playgroup for children ages 18 months to five years. Children are divided into two groups, ages 18 months to three years and four to five years. Play As You Grow offers open gym format, where children can interact with one another in a structured play environment while giving parents or caregivers a much-needed break.

For a current Family Engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

Outpatient Therapeutic and Wellness Services

Unity Physical Therapy & Rehabilitation

The Pieters Family Life Center, in partnership with Unity Physical Therapy & Rehabilitation, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy.

We specialize in:
- Sports-related injuries
- Sprains and Strains
- Tendonitis
- Joint Pain/Joint Replacement Surgery
- Back and Neck Pain
- Osteoarthritis and Degenerative Joint Disease
- Stroke
- Surgery
- Swelling Disorder

Participants must have a doctor’s prescription in order to participate. We accept most insurance carriers.

HealthSource Chiropractic

The Life Center offers quality chiropractic care in partnership with HealthSource Chiropractic. Chiropractic care is a natural, non-invasive method of maintaining body form, function and structure. HealthSource Chiropractic is the team provider of chiropractic services for the Rochester Rhinos, Amerks, Knight-hawks and Razorsharks.

To schedule an appointment, call (585) 225-6430 or visit www.HealthSourceChiropractic.com
### CLASS SCHEDULE: Classes below are weekly throughout April, May and June.

#### MONDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>7:30 a.m.</td>
<td>Power Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30</td>
<td>9 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11</td>
<td>noon</td>
<td>Bone Bldg. Exercises for Osteoporosis &amp; Arthritis</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30</td>
<td>1:15 p.m.</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30</td>
<td>2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
</tbody>
</table>

#### TUESDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10</td>
<td>noon</td>
<td>Play As You Grow (ages 18 months - 5 years)</td>
<td>Sue Banker</td>
</tr>
<tr>
<td>11</td>
<td>11:30 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30</td>
<td>2 p.m.</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Chronic Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5</td>
<td>6 p.m.</td>
<td>Pre-Diabetes (April 12 - May 31)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td>Zumba (beginning May 3)</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6</td>
<td>7 p.m.</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>6</td>
<td>9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
</tbody>
</table>

#### WEDNESDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon</td>
<td>1 p.m.</td>
<td>Stretch &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30</td>
<td>2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4:30</td>
<td>5 p.m.</td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5</td>
<td>5:30 p.m.</td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>6 p.m.</td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6</td>
<td>9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
</tbody>
</table>

#### THURSDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10</td>
<td>noon</td>
<td>Play As You Grow (ages 18 months - 5 years)</td>
<td>Sue Banker</td>
</tr>
<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td>Zumba (beginning May 5)</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6</td>
<td>7 p.m.</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>6</td>
<td>9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
</tbody>
</table>

#### FRIDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>11 a.m.</td>
<td>Stretch &amp; Go Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>12:30</td>
<td>1 p.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1</td>
<td>1:30 p.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30</td>
<td>2 p.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
</tbody>
</table>

#### SATURDAY

<table>
<thead>
<tr>
<th>Start</th>
<th>End</th>
<th>Class</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>8am</td>
<td>1:30 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>9</td>
<td>12:30 p.m.</td>
<td>Super Saturdays</td>
<td>D. Shepard</td>
</tr>
</tbody>
</table>
Celebrate the Arts at the Garden Café Gallery

The Garden Café Gallery at the Pieters Family Life Center hosts two-person shows that feature the work of a professional artist and an artist with an intellectual or developmental disability. We invite you to join us during one of our gallery opening receptions to meet the artists, enjoy live music and to be a part of our community that supports expression in all people.

Upcoming opening receptions:
Friday, April 1, 6-8 p.m.: Mary Beth Dolan and Shirley Voight with musical guest Brad Sheffield
Friday, May 6, 6-8 p.m.: Marcia Birken and April Stitch with musical guest The Deep Blue Dream
Friday, June 17, 6-8 p.m.: Melissa Newcomb and Lynne Byron with a special musical performance by the students of Music Education Centers (MEC). MEC provides adaptive musical enrichment for musicians with Autism spectrum disorder, Down syndrome and other intellectual or learning disabilities.

For more information on arts enrichment at the PFLC visit www.artsPFLC.org or e-mail info@pietersfamilylifecenter.org.

Exhibits are made possible with the support of

Child Care Families Benefit From Life Center’s Offerings

Expressive Beginnings Child Care, right next door to the Pieters Family Life Center, will serve 116 children and offer a unique family environment and learning curriculum in its 10,000-square-feet facility.

Offering care for infants and toddlers, preschool, full day kindergarten, wrap-around care and school-age summer programs.

Children up to age 13 can enroll starting May 1 and the center opens Aug. 1. Families who enroll will receive a free three-month membership to the Life Center!

For information: (585) 340-2033, info@expressivebeginningschildcare.org or visit expressivebeginningschildcare.org.

Standout Child Care Features:

- Teachers will be trained to honor each child and to treat each of their gifts with dignity and respect.
- Children with and without disabilities will be encouraged to express themselves in their own personal way, including through the arts.
- Teachers stay with the same group of children from infancy through age 3.
- Learning and play areas are arranged to keep siblings close to each other.
- Video monitoring offers parents peace of mind.
- Covered porches allow for all-season outdoor play.
- The center is part of the Pieters Family Life Center campus, which means families have access to a fitness center, a café with Wi-Fi and an art gallery and a wide range of wellness services including fitness classes, aquatic therapy, massage and chiropractic care.
The Pieters Family Life Center, a premiere program of Heritage Christian Services, offers more than just exercise classes and therapy programs. We work to create a sense of community that supports all kinds of wellness: physical, social, emotional, spiritual, intellectual and occupational. We’re committed to programming that:

- Encompasses all aspects of spirit-mind-body wellness.
- Recognizes each person as an individual with unique needs.
- Provides avenues for personal growth in multiple areas of individual health and wellness in a caring, supportive environment.

**Children’s Play Group**

Play As You Grow is an open gym format play group. Your kids will have fun playing with riding toys, climbing through tunnels, all while learning to play with other children in a safe and supportive environment.

Play As You Grow is fun and social for both child and parents. Class meets each Tuesday and Thursday and families can drop in anytime between 10 a.m. and noon.

For more information, contact Susan Banker at (585) 487-3525.