Get back on track for the New Year

Many of us have made New Year’s resolutions. Perhaps you’ve decided to exercise more, lose weight, and eat healthier. Whatever your resolutions are, the Pieters Family Life Center can get you started and help you stick to your goals in 2012.

Take a moment to look through this guide. You will see a variety of classes and programs for people of all ages and abilities: aquatics programs, group exercise classes, wellness consultations and therapy services. Also, check out our new programs at the School of the Holy Childhood’s swimming pool, which is near the Life Center campus.

Enjoy a cup of coffee or a fruit smoothie at our Garden Café. We hope to see you soon.

Magic Paintbrush paints a picture of togetherness

In the Davies family, 5-year-old Laura and 4-year-old Sammy aren’t often on the same page.

“Laura is so much more advanced,” said Theresa Davies, their mom. “And with Sammy’s autism, he plays by himself more than with Laura.”

Continued on page 3.
Benefits to eating dinner with the family

When was the last time your family enjoyed a home-cooked meal together? Experts have found benefits for both you and your children when families have dinner together at least three times a week. A few inspiring examples:

- It is good for the body. Families tend to eat healthier when they prepare and eat meals together. (Source: Archives of Family Medicine)
- It is good for the brain. When families eat meals together frequently, children have better language skills. (Source: Harvard University)
- Last but not least, this practice is a great opportunity for family bonding. Eating together gives families a chance to communicate and build relationships. (Source: Nutrition Education Network of Washington & Oprah Winfrey’s Family Dinner Experiment)

Now offering women’s health services

The Pieters Family Life Center now offers treatment for conditions that affect women of all ages.

With age and life events, our muscles can get weak from stretching or misuse. Pelvic muscle weakness can contribute greatly to urinary incontinence because of the lack of support and control. Often the symptoms of urinary incontinence can be greatly improved with proper instruction and performance of strengthening activities and re-education of the pelvic muscles. Women also need education in habits and activity modification. Some symptoms that indicate a physical therapy referral is necessary include loss of urine with coughing, sneezing or exertion; inability to make it to the toilet before leaking after feeling the urge; frequent trips to the bathroom; and adjusting daily activities or social outings.

Other conditions that can be addressed by physical therapy include musculoskeletal dysfunctions of pregnancy; post partum and post-cesarean care; osteoporosis; pelvic pain diagnosis; general wellness and more. Learn more by contacting Erin Allen, MSPT at eallen@pietersfamilylifecenter.org or (585) 487-3523.
Magic Paintbrush
continued from page 1

Thanks to a new program called the Magic Paintbrush Project at the Pieters Family Life Center, the whole family enjoyed squirting their feet with paint and adding color after color to a floor-sized tarp. “A lot of times my daughter feels left out,” Davies said. They often spend time at classes that serve Sammy so, “it was really nice to do something like this as a family.”

The Magic Paintbrush Project began in Binghamton with a family trying to find art activities that everyone could enjoy regardless of abilities. Since then, the project has grown to serve more than 14,000 people, many of whom have disabilities. In a typical workshop, participants might roll a paint-covered ball over paper or use their hands and feet to draw—all while practicing new skills and enjoying time with family members and friends.

“When a daughter is squirting glitter paint at her mom as they both giggle, you would never know that the daughter is working toward a goal of increasing her range of motion,” said Sara Corona, an art therapist at the Life Center who is trained to facilitate Magic Paintbrush sessions.

“Both feel a sense of pride at the finished canvas painting they both created as they ‘played’ in the paint.”

Plus, Corona added, participants take away a sense of family cohesion. They feel like they’ve succeeded at reaching their goals. And they laugh a lot.

Funding for the Magic Paintbrush Project has been made possible through the generous support of the Guido and Ellen Palma Foundation.

Learn more: (585) 487-3591 or scorona@heritagechristianservices.org.

Living with Fibromyalgia and chronic pain

It can be difficult for anyone to balance everything in life. When you have fatigue and chronic pain from fibromyalgia, prioritizing your activities and taking care of yourself is even more challenging, and more important.

Feeling better starts with you. You have what it takes to take control of fibromyalgia. Life style changes, even small ones, can have a big impact on how you feel. Diet, sleep habits, stress management and exercise are all just a few changes that you may consider to help you manage fibromyalgia.

Doing the best you can to maintain a healthy mind, body and spirit is one of the best ways to help yourself cope with fibromyalgia.

Barb Cacia, wellness coordinator at the Pieters Family Life Center, offers a number of exercise and fitness opportunities specific to fibromyalgia. Cacia also facilitates a lecture series on how to manage fibromyalgia. The classes can be found below. For more information, call (585) 487-3500.

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

Take advantage of a series of classes designed to cope with chronic pain. 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. Wednesday, March 7, 6:30-8:30 p.m.

Class 2 - Sleep & Pain: Learn techniques to keep pain at bay during the night, allowing you to sleep deeply and wake feeling refreshed. Wednesday, March 14, 6:30-8:30 p.m.

Class 3 - Therapeutic Exercise to Decrease Pain and Increase Muscle Power: Discover the proper moves to increase flexibility and strength and to stabilize your joints so you can be more active and enjoy life. Wednesday, March 21, 6:30-8:30 p.m.

Class 4 - Nutritional Guidelines to Restore Energy: Learn simple cooking tips for meals that power the body, mind and spirit. Wednesday, March 28, 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, April 4, 6:30-8:30 p.m.
CLASS & PROGRAM DESCRIPTIONS: JAN., FEB., MARCH
(See class/program schedules on page 6.)

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: Learn therapeutic exercises to build bone mass, strengthen your bones and increase endurance safely! $7 per class ♥

Weight Training and Endurance for Fibromyalgia and Chronic Pain: Get moving and strengthen your muscles -- and your heart -- without increasing fatigue or pain. Learn how exercise and social support can address chronic pain. $7 per class ♥

Stretch and Go!: Focus on gentle yoga and therapeutic exercises designed to make you feel your best. Perfect for caregivers who could benefit from a soothing environment. $7 per class ♥

Muscles in Motion Exercise Program: Develop a fitness routine to build muscle, increase flexibility and improve endurance. This class is recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. All exercises can be done while sitting or standing. $7 per class ♥

Stretching and Strengthening for Multiple Sclerosis: Increase muscle flexibility and strength to improve coordination, balance and endurance. $7 per class ♥

Walk Fit: Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7 per class ♥

Zumba with Body Connection Institute: Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7 per class ♥

Pilates: Begins with basic principles, including exercises that focus on conditioning, proper alignment, strength and flexibility. Exercises may be incorporated on a stability ball with a focus on balance. $10 per class

Aquatic Wellness Programs

The Pieters Family Life Center is home to the region’s first HydroWorx 2000 therapy and fitness pool. This fully accessible pool has a water temperature of 90 degrees, an underwater treadmill and resistance jets -- which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit pieters-familylifecenter.org.

Aqua Play: Children with developmental delays or who are on the autism spectrum are grouped according to age and ability so they can enjoy the pool and experience sensory feedback. Although this is not a swimming group, the water depth in the pool can be changed according to need. 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 (585) 487-3500 to make an appointment. Most insurance accepted.

Yogqua: Combine the healing properties of warm water with 60 minutes of yoga to nurture mind, body and spirit. Gentle yet effective poses in chest deep water enhance balance and muscle tone, reduce stress, and speed the rehabilitation process after surgery. No swimming experience necessary. Mondays, 5:30 – 7:30 p.m.

Yogqua Happy Hour: Transition into the weekend. Release work tension and renew with Yogqua. Fridays, 4:30 - 7 p.m.

NEW! Oh, My Achy Body!: If you have unresolved pain from arthritis, an accident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance.

This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program.

The class will utilize the pool at the School of the Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center). Session I: Thursdays, Jan. 12-26; Session II: Thursdays, Feb. 13-27; $90 per six-week session

Aqua Fitness: Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing muscles. $60 per six-week session

Got Knee/Hip Pain?: Feel the warmth of the hydrotherapy pool while you stretch and strengthen your muscles. $60 per six-week session

A.Q.U.A (Answer Questions You Ask) Chat: Walk in the 90-degree, state-of-the-art hydrotherapy pool at a speed tailored to meet your fitness level, while discussing your personal health goals with a wellness coordinator. Call (585) 487-3500 to schedule an appointment. $35 per class

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, while the water provides resistance to intensify a muscular work out. No more than four participants per class. $50 per six-week session

All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Call (585) 487-3500 to register.

NEW! Y.O.G.A: Children with unresolved pain from arthritis, an accident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance.

This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program.

The class will utilize the pool at the School of the Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center). Session I: Thursdays, Jan. 12-26; Session II: Thursdays, Feb. 13-27; $90 per six-week session

$90 per six-week session
CLASS & PROGRAM DESCRIPTIONS: JAN., FEB., MARCH
(See class/program schedules on page 6.)

Family Engagement Programs
The Pieters Family Life Center’s expert staff has designed programming that allows everyone to participate fully – youth with intellectual disabilities play right alongside their siblings, friends and other loved ones.

The following are ongoing youth and family programs:

- Magic Paintbrush Program
- Play As You Grow
- Aqua Play
- Creative Connections
- Drama Kids

To learn more, or for a current family engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

Drama Kids Classes
Whether destined for the stage or the boardroom, Drama Kids prepares children to speak up clearly with confidence putting them on an easier path for lifelong success. Drama Kids classes help build creative thinking and literacy skills, while also teaching children positive social skills.

The inclusive class of children with and without disabilities meet in weekly classes on Saturdays morning from Feb. 4 through May 12, 2012 in the dance studio at the Pieters Family Life Center.

9:15-10 a.m. Kinder Kids: ages 4-6, min. 8 students, max. 12 students
10-11 a.m. Lower Primary: ages 6-8, min. 8 students, max. 16 students
11-noon Upper Primary: ages 9-11, min. 8 students, max. 16 students

Classes meet Jan. 21 & 28; Feb. 4, 11 & 18; March 3, 10, 17, 24 & 31; April 14 & 28; May 5 & 12. Students will end classes by performing a scripted original play the weekend of May 11-12, 2012 for family and friends on stage at St. John Fisher College. No classes Feb. 25, April 7 & 14.

$55 a month (Jan., Feb., March, April) or a one time fee of $199 per child
Enroll online at www.dramakids.com/ny4 or call Pamela Spiteri, director, Drama Kids International of Rochester at (585) 586-3830.

Connecting Voices
A fun, unique class designed for people with Parkinson’s disease

Sing your cares away at Connecting Voices, an eight-week unique choir experience for people with Parkinson’s disease and their family or caregivers. Enjoy singing while working on breath support, facial expressions and vocal inflection. No talent or experience needed.

Fridays, Jan. 6, 20, 27; Feb. 3, 24; March 2, 9, 16, 23, 30; April 13, 20, 27, 2 p.m.; $7 per class

For details, call (585) 487-3500 or visit pietersfamilylifecenter.org.

Outpatient Therapeutic and Wellness Services

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
- Stroke
- Surgery
- Swelling Disorder

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

Offering chiropractic care at the Pieters Family Life Center.
Schedule an appointment today. (585) 225-6430
HealthSourceChiropractic.com
## CLASS SCHEDULE: Classes below are weekly throughout Jan., Feb., March

<table>
<thead>
<tr>
<th>DAY</th>
<th>CLASS</th>
<th>INSTRUCTOR(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td></td>
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</tr>
<tr>
<td>7-7:30 a.m.</td>
<td>Power Water Walking</td>
<td>Multiple</td>
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<tr>
<td>7:30-8:30 a.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8-8:30 a.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30-9 a.m.</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11-noon</td>
<td>Bone Bldg. Exercises for Osteoporosis &amp; Arthritis</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:45-12:45 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-1:15 p.m.</td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-7:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
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<tr>
<td>5:30-7:30 p.m.</td>
<td>Yogqua</td>
<td>S. Dobroksi</td>
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<tr>
<td><strong>TUESDAY</strong></td>
<td></td>
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<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>10-noon</td>
<td>Play As You Grow (ages 18 months-5 years)</td>
<td>Sue Banker</td>
</tr>
<tr>
<td>11-noon</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11:30-noon</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30-2 p.m.</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6-7 p.m.</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>7-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td><strong>WEDNESDAY</strong></td>
<td></td>
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<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>11:45-12:45 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Stretch &amp; Strengthening for Multiple Sclerosis</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30-2:30 p.m.</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4-6 p.m.</td>
<td>Got Knee/Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>7-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td></td>
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<tr>
<td>7-9 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>noon-1 p.m.</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>3:30-4:15 p.m.</td>
<td>My Achy Body! School of the Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td>4-6 p.m.</td>
<td>Aqua Play (every 1/2 hour)</td>
<td>Gail Barth</td>
</tr>
<tr>
<td>5:30-6:30 p.m.</td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6-9 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td><strong>FRIDAY</strong></td>
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<tr>
<td>7-8 a.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10-11 a.m.</td>
<td>Stretch &amp; Go Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>noon-2 p.m.</td>
<td>Aqua Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>4:30-7 p.m.</td>
<td>Yogqua Happy Hour</td>
<td>S. Dobroksi</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td></td>
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<tr>
<td>8-1:30 p.m.</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>9:15-noon</td>
<td>Drama Kids (ages 4-6, 9:15–10 a. m.; ages 6-8, 10–11 a. m.; ages 9–11, 11 a. m. – noon)</td>
<td>Drama Kids International</td>
</tr>
</tbody>
</table>
Garden Café Events

Social wellness is very important in the overall wellness of individuals and families. The Garden Café is pivotal in serving as a place where families and individuals can come and develop positive relationships and friendships. The café encourages individuals to connect by sharing a cup of coffee, a specialty drink or tea, and at the same time, have great conversation, or enjoy one of the various events that take place during the day.

Upcoming Garden Café events:
Karaoke will be held the third Wednesday of every month.
Feb. 8: Valentine’s Dance
March 14: St. Patrick’s Dance ($2 fee)
April 25: Hoedown
All events start at 7 p.m.

For more exciting events in the Garden Café, visit www.pietersfamilylifecenter.org.

Hey Parents & Kids! Healthy Snack & Sides

Give your taste buds a surprising treat with these vegetable recipes!

Green Smoothies: www.eatingwell.com

Ingredients
- 2 ripe medium bananas
- 1 ripe pear or apple, peeled if desired, chopped
- 2 cups chopped kale leaves, tough stems removed
- 1/2 cup cold orange juice
- 1/2 cup cold water
- 12 ice cubes
- 1 tablespoon ground flaxseed (optional)

Directions: Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.

Healthy Mashed Cauliflower: www.food.com

Ingredients
- 1 medium cauliflower
- 1 ounce margarine
- 1 ounce nonfat sour cream or 1 ounce fat-free half-and-half
- salt
- pepper

Directions: Cook cauliflower until fork tender. Drain and mash cauliflower by hand or in food processor until desired consistency. Mix in margarine and sour cream, to taste. Add salt and pepper, to taste.

This message is funded by greater rochester Health foundation

“My toddler won’t eat vegetables, but he doesn’t know that he’s drinking them in his Kale smoothie, that he loves.” Kim, Irondequoit

Garden Café Art Gallery Openings
Free and open to the public.

Seth Carlson, Tim Kellogg and Anne Scoppa
Gallery display Jan. 4-Feb. 28
Opening reception is Friday, Jan. 6, 6-8 p.m.

Pablo Gavilondo and Charles Tremblay
Gallery display March 1-May 1
Opening reception is Friday, March 2, 6-8 p.m.

NOW ENROLLING
Offering care for infants and toddlers, preschool, pre-K, full-day kindergarten, wrap-around school care and a school age summer program.

- Infants stay with the same teachers through age 3, offering continuity of care
- Internet monitoring
- Fingerprint recognition enhances safety and security
- Covered patios allows for four season outdoor play
- Next door to Pieters Family Life Center, which provides access to family fitness, a café with Wi-Fi, art gallery and a wide range of wellness services.

875 Commons Way, Rochester 14623  (585) 340-2077
www.ExpressiveBeginningsChildCare.org
facebook.com/ExpressiveBeginnings twitter.com/ExpBeginnings
Recipient of the Henrietta Chamber of Commerce’s “Business Excellence” Award.

Honored nationally as the 2009 Community Builder by the American Network of Community Options and Resources for exemplary work in creating inclusive environments.

Pieters Family Life Center Membership & Benefits

The Pieters Family Life Center offers low-cost memberships to our fitness center, a setting that is welcoming and universally designed to meet the needs of seniors, wheelchair users, individuals with physical and intellectual disabilities as well as athletes and exercisers.

Whether you’re just getting started or simply seeking a new setting that is friendly and hassle-free, the Pieters Family Life Center is the right choice for health and wellness activities!

BASIC MEMBERSHIP:
Includes unlimited use of the Pieters Family Life Center fitness center.
- Individual: $15 per month
- Household: $30 per month
  One time registration fee of $50

STANDARD MEMBERSHIP:
Includes unlimited use of the Pieters Family Life Center fitness center and access to group exercise programs marked with an ♥.
- Individual: $50 per month
  One time registration fee of $50

PUNCH PASSES:

We also offer 10-visit punch passes:
- Fitness Pass: $20
- Exercise Class Pass: $60
- Play As You Grow: $30

UPCOMING SPECIAL EVENTS

The Pieters Family Life Center will celebrate its five year anniversary the week of April 2, 2012. Stay tuned for fun celebrations!

It’s never too early to begin training! Join us at the Heritage Christian Legacy Mile & 5K on Saturday, Aug. 25 at Monroe Community College in Brighton! More details to come!