Family benefits from multiple services at the Pieters Family Life Center

Jack Morrell and his son Owen, who has a developmental disability, first came to the Pieters Family Life Center for physical therapy in the HydroWorx pool after Owen’s hip surgery – but they’ve found even more life enriching services.

“As a first step after hip surgery, water walking was perfect,” said Morrell, adding that Owen has also benefitted from handwriting tutoring by an occupational therapist.

“Owen can now sign his name.” Continued on page 7.

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Aquatic-based classes in therapy pool

One of the most unique features of the Pieters Family Life Center is the state-of-the-art HydroWorx 2000 pool. The Life Center has a variety of aquatic-based fitness classes focused on health and healing for people with chronic disease or pain.

“Aquatic exercise reduces pain and helps improve joint range of motion while strengthening and relaxing muscles,” said Barb Cacia, wellness coordinator at the Pieters Family Life Center. “The buoyancy helps to protect recuperating knees, ankles, and hips – especially for people recuperating from knee or hip replacements.”

Features of the HydroWorx 2000 include:

- The entire pool floor is fully adjustable from ground level to a depth of six feet. This makes for easy and safe access without the use of ladders or steps. People can walk or be wheeled onto the floor and lowered to an appropriate depth.
- The 8’ x 12’ floor is also a variable speed treadmill featuring a cushioned, low-impact design with excellent traction.
- A large treatment area accommodates up to six people with two adjustable, industrial strength resistance jets for sports performance training, up-stream swimming, therapy or deep tissue massage.
- Three fixed underwater video cameras enhance the diagnostic capabilities for users.

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Summer Tip

Stay Hydrated! Did you know when the weather is hot and humid you can become dehydrated in just 15 minutes?

Be sure to drink plenty of fluids before, during and after being active or exercising.

Water is the best beverage to help a person stay fully hydrated.
Handwriting tutoring for students and adults

Handwriting tutoring in both printing and cursive is offered at the Pieters Family Life Center. It is taught by an occupational therapist with experience in the Handwriting Without Tears (www.hwtears.com) curriculum, which is used in many school districts.

Tutoring sessions are weekly. Parents are encouraged to attend the last 10 minutes of class to review what has been taught.

A handwriting screening will be done as part of the first session to determine which skills students need to master. A printing evaluation may also be done upon request of the parent for $150.

Tutoring is open to people ages 4 and up and costs $20 for 30 minutes and $30 for 45 minutes. To register, call Noelle Pacer, an occupational therapist at (585) 487-3577.

Skills addressed for preschoolers can include:
- Crayon/marker grasp
- Forming lines, curves and shapes
- Scissor skills
- Upper case letter formation (depending on child’s age and readiness skills)

Skills addressed for school-age students and adults can include:
- Letter memory
- Letter and number reversals
- Pencil/pen grip
- Placing letters/words on the line
- Spacing of letters and words

Imagine being covered in paint, head to toe

(The Magic Paintbrush Project)

The Magic Paintbrush Project uses art – and its beautiful messiness – to bring families together. The program encourages people with disabilities and their families and caregivers to enjoy time creating art in an environment where everyone’s talents are valued.

In the end, paint-covered participants find that they’ve created paintings of meaning and beauty and that they’ve learned a little more about themselves and their loved ones in the process.

The Magic Paintbrush Project’s innovative programming is unique in its design. It has served more than 14,000 workshop participants since its inception in 2006 and now, for the first time, families in Western New York will have access to its programming.

To learn more, visit magicpaintbrushproject.org or call (585) 487-3500 to register.
Therapeutic exercise classes benefit individuals with Multiple Sclerosis

The Pieters Family Life Center is collaborating with the National Multiple Sclerosis Society Upstate New York Chapter to create Stretching and Strengthening for Multiple Sclerosis. The therapeutic exercise class is designed to increase flexibility and strength in a way to improve coordination, balance and endurance.

It is also designed to provide social support – with a dose of humor and fun – for those living with multiple sclerosis.

“I am amazed at the level the exercise class has progressed to,” said Dee Mascari, programs and services coordinator for the National Multiple Sclerosis Society Upstate New York Chapter. “I can really see a tangible improvement in many of the class members’ physical ability. The intimidation factor at many gyms is simply not there. The atmosphere of the Pieters Family Life Center encompasses the person as a whole, not only physically but emotionally, socially, spiritually, and intellectually as well.”

Stretching and Strengthening for Multiple Sclerosis meets from noon to 1 p.m. each Wednesday. Cost is $7. Call (585) 487-3500 for more details.

Volunteer opportunities

Love working with kids? Then become a volunteer for the Super Saturdays Family Engagement Program is a perfect fit for you. The current team of volunteers is a diverse group of caring individuals with and without disabilities who gather from 9 a.m. to noon on Saturdays to work hands-on with children with unique needs, their siblings and families.

Volunteers offer support in sports, music, art and other creative endeavors alongside the staff at the Pieters Family Life Center. This team of volunteers receives ongoing training; assistance from staff, parents and each other; and has a tremendous impact on the success of the youth programming at the PFLC.

For more information on becoming a Super Saturdays volunteer, contact volunteer coordinator Kim Kennedy at (585) 340-200 or write to her at k kennedy@heritagechristian services.org.

Therapy pool continued from page 1

Through a partnership with Unity Physical Therapy & Rehabilitation, many treatments can be covered by health insurance with a prescription from a physician. The pool can also be rented for private training sessions.

Kathy Sawicki, who participates in aqua fitness, agrees that her wellness has improved by using the HydroWorx pool.

“I have experienced more flexibility, an ease of joint pain and have found improved strength and mobility.”

And Mary Schwab, who also uses the pool, has seen benefits in other areas of her life as well. “I feel I have improved my physical wellness and therefore have benefited from the emotional and spiritual aspects of living a fuller, more active lifestyle.”

For more information on the pool and its availability, including scheduling water walking classes, call (585) 487-3500.
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 muscles 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 ♥

Good Nutrition, Exercise and Weight Loss: Learn about healthy eating habits and exercises that boost your metabolism. Wednesdays, Sept. 14, 21 and 28. $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. $7 per class ♥

Pre-Diabetes - Take Control Now!: Learn to make lifestyle changes, increase your physical activity and improve your diet to get you out of the pre-diabetic danger zone. Aug. 9 – Sept. 27. $15 walk-in, $96 per eight-week session

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: Get toned and let the smooth and precise movements of Pilates make you more mindful of your body. $10 per class

Learn 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. 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, Aug. 9, 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, Aug. 16, 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, Aug 23, 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, Aug. 30, 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, Sept. 7, 6:30-8:30 p.m.
Aqiuatic 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 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, while the water provides resistance to intensify a muscular work out. No more than four participants per class. $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. Call (585) 487-3500 to register.

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

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.

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.

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: Playgroup for children ages 18 months to 5 years (not yet in kindergarten). Play As You Grow offers an open gym format where children can interact with one another in a structured play environment.

For a current family engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

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.


HealthSource Chiropractic

Outpatient Therapeutic and Wellness Services

Unity Physical Therapy & Rehabilitation
CLASS SCHEDULE: *Classes below are weekly throughout July, Aug. and Sept.*

<table>
<thead>
<tr>
<th>MONDAY</th>
<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></td>
<td>Power Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>8:30</td>
<td>9 a.m.</td>
<td></td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>11</td>
<td>noon</td>
<td></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></td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30</td>
<td>1:15 p.m.</td>
<td></td>
<td>Walk Fit</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1:30</td>
<td>2:30 p.m.</td>
<td></td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>7:30 p.m.</td>
<td></td>
<td>Yogqua (every 1/2 hour)</td>
<td>S. Dobrowski</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td></td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
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<td>9 a.m.</td>
<td></td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td>10</td>
<td>noon</td>
<td></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></td>
<td>Aqua Fitness</td>
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<tr>
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<td></td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td>12:30</td>
<td>2 p.m.</td>
<td></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></td>
<td>Pre-Diabetes (Aug. 9 - Sept. 28)</td>
<td>Barb Cacia</td>
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<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td></td>
<td>Zumba (beginning May 3)</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6</td>
<td>7 p.m.</td>
<td></td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td>6</td>
<td>9 p.m.</td>
<td></td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<th>Instructor</th>
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<td>Water Walking</td>
<td>Multiple</td>
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<tbody>
<tr>
<td>noon</td>
<td>1 p.m.</td>
<td></td>
<td>Stretch &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
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<tr>
<td>1:30</td>
<td>2:30 p.m.</td>
<td></td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
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<tr>
<td>4:30</td>
<td>5 p.m.</td>
<td></td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5</td>
<td>5:30 p.m.</td>
<td></td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
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<tr>
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<td>6 p.m.</td>
<td></td>
<td>Got Knee/Hip Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>5:30</td>
<td>6:30 p.m.</td>
<td></td>
<td>Zumba</td>
<td>A. Merced, A. Campbell</td>
</tr>
<tr>
<td>6</td>
<td>9 p.m.</td>
<td></td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tbody>
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<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
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<tr>
<td>10</td>
<td>noon</td>
<td></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></td>
<td>Water Walking</td>
<td>Multiple</td>
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<tr>
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<td>6:30 p.m.</td>
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<td>Zumba (beginning May 5)</td>
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<tr>
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<td>7 p.m.</td>
<td></td>
<td>Pilates</td>
<td>Barb Noskie</td>
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<tr>
<td>6</td>
<td>9 p.m.</td>
<td></td>
<td>Water Walking (every 1/2 hour)</td>
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<tbody>
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<td>10</td>
<td>11 a.m.</td>
<td></td>
<td>Stretch &amp; Go Exercise</td>
<td>Barb Cacia</td>
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<tr>
<td>noon</td>
<td>12:30 p.m.</td>
<td></td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>12:30</td>
<td>1 p.m.</td>
<td></td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td>1</td>
<td>1:30 p.m.</td>
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<td>Aqua Fitness</td>
<td>Barb Cacia</td>
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<tr>
<td>1:30</td>
<td>2 p.m.</td>
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<td>Aqua Fitness</td>
<td>Barb Cacia</td>
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<td>7 p.m.</td>
<td></td>
<td>Yogqua Happy Hour (every 1/2 hour)</td>
<td>S. Dobroski</td>
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<td>Water Walking (every 1/2 hour)</td>
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<tr>
<td>9</td>
<td>12:30 p.m.</td>
<td></td>
<td>Super Saturdays</td>
<td>D. Shepard</td>
</tr>
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</table>
Improve your social wellness at the Garden Café

The Garden Café provides more than coffee and free Wi-Fi. It offers a chance for people to interact and enjoy special events.

This summer the café will host a music series called Party on the Patio. The series will feature performances by Between the Lines, Deep Blue Dream, Johnny Bornheimer and Music Education Center. A series of karaoke nights, poetry slams and open mic nights is also planned.

“I often get the question, ‘What is social wellness?’” said Catalina Johnson, social wellness coordinator for the Pieters Family Life Center and its Garden Café. “There is a simple answer. Social wellness is feeling connected to others. We were not made to be alone but rather to have relationships and connections.”

Stop by the Garden Café and celebrate friendships, she said. “Come out and party on the patio or grab a mic and sing a song – you never know, you might just make a new friend.”

Coming this summer...PARTY ON THE PATIO!
Be sure to stop out to the Garden Café’s Party on the Patio this summer, featuring performances by:
Between the Lines Deep Blue Dream
Johnny Bornheimer Music Education Center
Plus karaoke nights, poetry slams and open mic nights!

Expressive Beginnings Child Care, right next door to the Pieters Family Life Center, is now enrolling!

Serving children through age 12 by offering preschool, pre-K, full day kindergarten, wrap-around care and a school-age summer program.

EARLY BIRD SPECIAL! Enroll by July 1 and your registration fee is waived and you’ll also receive a FREE three-month membership to the Pieters Family Life Center!

- At Expressive Beginnings, children aren’t just assigned projects, they help design them.
- Children are with the same teacher from infancy through age 3.
- Learning and play areas are arranged to keep siblings close to each other.
- Expressive Beginnings is pursuing NAEYC accreditation, above the national standard for childhood education.
- Featuring custom Bears Playgrounds appropriate for all ages and abilities.

Learn more about the center’s standout features at www.expressivebeginningschildcare.org

Family benefits from multiple services
continued from page 1

Plus, using the weight room helped Owen develop confidence that he could carry over to his school setting. And, Morrell said, “The friendly, non-judgmental atmosphere (at the Life Center) prompted Owen to join in a summer music recital even though he had previously expressed reluctance and doubt.”

To find out more about the Life Center services and programs, including information on implementing a consolidated support service budget or individualized education plan, call (585) 487-3500.

OPENS AUG. 1

Made possible with the support of:

♫

EARLY BIRD SPECIAL! Enroll by July 1 and your registration fee is waived and you’ll also receive a FREE three-month membership to the Pieters Family Life Center!
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!

MEMBERSHIPS BEGINNING AS LOW AS $15 PER MONTH!

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

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